

# OKINAWA

L I V I N G



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NARA  
TOUR

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MARINE CORPS SERVICES

August 2025 | Issue 330



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For over five decades, multitudes of local Okinawans, tourists and Americans stationed on Okinawa have escaped into a vibrant nautical fantasy and experienced quality dining at one of the many Sam's Restaurant Group locations.

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Enjoy delightful curries in Yomitan at Jinsei Saikou (Beautiful Life)—“a magical phrase that makes everyone happy,” according to the owner Yasushi Kiyuna.



**On the cover**  
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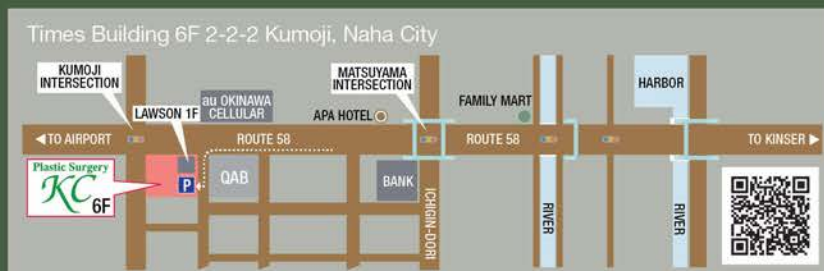
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Winding down from a long week and haven't decided on what exactly to do? After all, you want to kick off your weekend in a great way...that's why you should head on down to the Habu Pit on MCAS Futenma for Final Fridays!

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MCCS invites you to celebrate the back-to-school season with not one, not two, but, *three* Family Fun Nights that are sure to yield good times and lasting memories.

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Okinawa is a diving mecca. And, summer months on the island are perfect for scuba divers to see sea turtles, tons of fish, coral gardens and many other remarkable creatures that inhabit the subtropical waters off the coast. It's time to get dive certified!

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## mensôre

"Welcome" to Okinawa Living

### Make it worth it!

Time has a curious way of running away from us when we're not paying attention <blink> and 2025 is somehow almost two-thirds over... it seems like it was just yesterday, when we set a New Year's resolution to see more of the island. Although the popular adage states that time flies when you're having fun, that's not necessarily the case. It just makes it that much more important to not only appreciate those fun and worthwhile moments when they happen, but to generate as many more as you can while you're here!

Being on a beautiful island—whether you are a visitor or permanent resident—offers plenty of ways to still honor that resolution and generate precious moments (not to mention copious content to share with family and friends back home via social media). Better late than never, right?

The list of things to do on Okinawa as well as on its many beautiful surrounding isles is as long as it is worthwhile. Life is just too precious to be counting down the days to PCS back to the familiarity of home. Being on Okinawa offers a myriad of opportunities to grow and a million more moments to savor, each one more magical than the last.

This month's issue will give you a small "taste" of the countless exotic cuisines the island has to offer, beginning with an iconic local restaurant chain—Sam's Restaurant Group—which is celebrating 55 years of serving local Okinawans, tourists on vacation as well as tens of thousands of service members and their families. Next, explore the many attractions that Yomitan has to offer—including parks, a pottery village and more! Finally, make your autumn plans to visit the beautiful cities of Kyoto and Nara in mainland Japan during the most beautiful times of the year.

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



*Mike J. Daley*  
Mike Daley  
Editor-In-Chief

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**MARINE CORPS** COMMUNITY SERVICES



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# feedback

from the ICE Program  
and Facebook

The new *Okinawa Guide* cover is amazing! It is so fun to look for all the different cats; it reminds me of *Where's Waldo*. It is bright and colorful and is so fun to look at! Whoever made that should make more like it!  
—via ICE

I wanted to compliment the staff at the Camp Courtney Ironworks Fitness Center. The gym is always clean, organized and tidy. I feel so welcomed by the front desk and cleaning attendants. I am grateful for this resource, especially the fitness classes offered.  
—via ICE

The [Foster] library is usually an awesome place, but today, the staff really outdid themselves. We love the library and all they offer.  
—via ICE

I am so thankful that my daughter was not only able to continue gymnastics training for the three years that we were on Okinawa but was able to do it on a competitive team that followed closely to USAG standards. This allowed us to be able to seamlessly transfer skills back to the states. It was also great to be able to experience unforgettable opportunities with international competitions. The EGA [Excellence Gymnastics Academy] team became like family. The work that Coach Tiffany [Mills] puts into the program is impressive and shows her true passion for both gymnastics and military families.  
—via ICE

I had a fantastic experience at the Mountain View Inn [on Camp Fuji]! From the moment I arrived, the staff were warm, welcoming and extremely accommodating. A special shoutout to Maurice [Ford], who went above and beyond to make sure everything was perfect during my stay, this helpfulness truly stood out. The facilities were spotless and well-maintained, creating a comfortable and relaxing atmosphere. I also can't say enough about the breakfast—delicious and with a great variety of options to start the day right.  
—via ICE

We've attended a few Change of Command receptions at Habu Pit [O/SNCO club on MCAS Futenma], and each one has been a great experience. Today's event held on Friday June 27 was by far my favorite. The coconut shrimp, lumpia and jalapeño poppers are hands-down the best on island! I've made a note and will definitely be back for more. Big thanks to the manager and her amazing staff!  
—via ICE

Thank you for the opportunity to meet Hot Chelle Rae (the headliner at Camp Foster Festival on July 5-6). That was freaking awesome!!! Appreciate the time and effort put into setting up the event!!  
—via Facebook

#### Give MCSS 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-mcss.org](http://www.okinawa.usmc-mcss.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!

@meeeeeg416xx  
🌴 Okinawa Islands Recap 🌴



@lifeofstephany\_  
Coffee on the beach...yes please ☀️



@alyssa\_moist  
📍 Hamahiga Island



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

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奈良  
京都

# KYOTO and NARA TOUR

Text by: **MICHAEL DALEY** | Layout by: **JAMES RIETH**

**A**lthough August may be a bit soon to be thinking about Thanksgiving plans, it's never too soon to plan a treat for yourself and your family, and having something to look forward to is always nice as well! How about booking a trip to explore the beautiful and historic cities of Kyoto and Nara during the most beautiful time of the year?





# SOCCER & FIREWORKS FESTIVAL!



二〇二五

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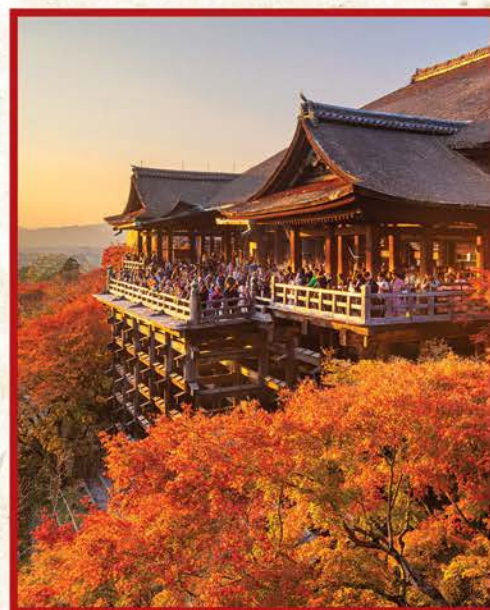
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Unlike Okinawa, Kyoto and Nara have clearly defined seasons that change their colors during spring, summer, autumn and winter with each trying to out-do the last. Autumn, when the landscape turns a brilliant ochre and vermillion, is arguably the winner of this beauty contest.



Visiting venues such as Kiyomizu Temple, the bamboo groves of Arashiyama and Gion in Kyoto, as well as Todaiji Temple in Nara, all framed in stunningly lovely autumn leaves, is an experience of a lifetime.

## KIYOMIZU TEMPLE

清水寺

Kiyomizu Temple takes its name from the waterfall found inside the complex that runs off the nearby hills. The main hall that juts out over the hillside offers one of the best views of the city—the place where frame-worthy photos are born. The popular expression “to jump off the stage at Kiyomizu” is the Japanese equivalent of “taking the plunge” and refers to an Edo-period belief that surviving a 13m jump from the main hall would grant the madman a wish. The practice is now, of course, prohibited, but that doesn’t mean a trip to the temple won’t make your photographic wishes come true.

## ARASHIYAMA

Arashiyama is located in the western outskirts of Kyoto and has been a popular destination for communing with nature since the Heian Period (794–1185), when nobles would gather their entourages for day trips. While the district is famously known for its natural bamboo groves, an autumnal visit is not complete without taking in the iconic fall foliage from the Togetsukyo Bridge.

嵐山







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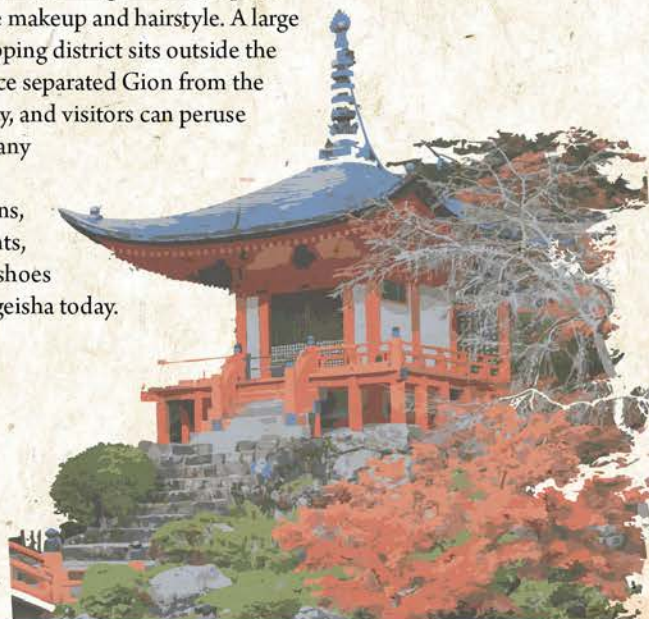




## GION

Gion features several theaters and a proliferation of old-fashioned restaurants and other establishments. In the evening, it is easy to spot *maiko* (geisha apprentices) or geisha making their way to work dressed in stunning kimono, replete with intricate makeup and hairstyle. A large modern shopping district sits outside the walls that once separated Gion from the rest of the city, and visitors can peruse the stores, many of which sell traditional fans, hair ornaments, kimono and shoes still used by geisha today.

祇園



## DAIGOJI TEMPLE

Daigoji Temple is one of several locations designated as a UNESCO World Heritage Site. Located southeast of central Kyoto, the complex encompasses an entire mountainside with the main temple grounds at the base with pathways leading upwards to many buildings near the summit. The temple's garden and reflecting pond date back to 1598 when it was reconstructed (the original temple was constructed in 1115) for Hideyoshi Toyotomi, a Japanese samurai and feudal lord.

醍醐寺







# VOLUNTEER EXPO

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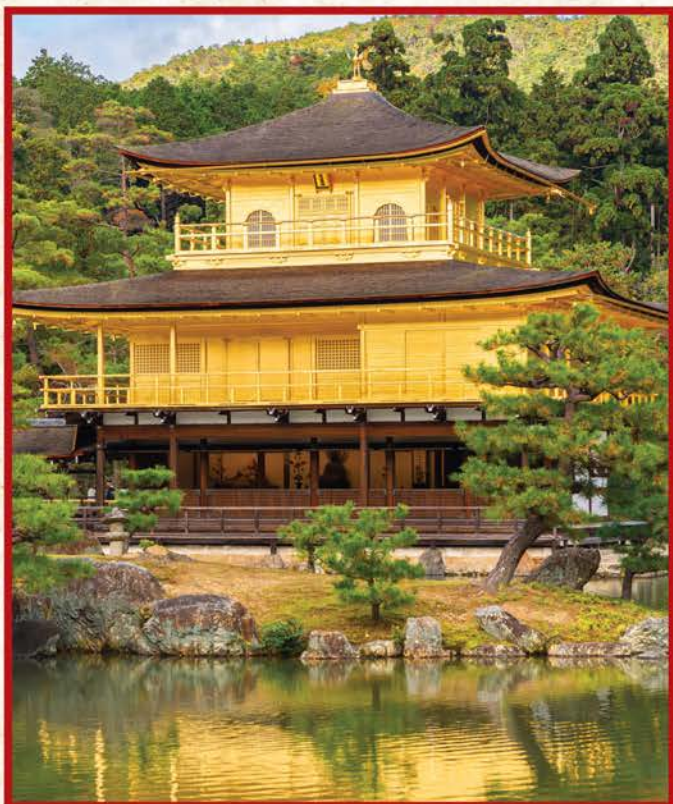


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## KINKAKUJI TEMPLE

Don't leave Kyoto without visiting Kinkakuji Temple, or as it's better known, the Golden Pavilion. The top two stories of this building are covered in pure gold leaf and the grounds of the temple were built to the specifications of the Western Paradise of the Buddha Amida, illustrating the harmony between heaven and earth.

金閣寺



## NARA

While in Nara, be sure to visit the Daibutsuden of Todaiji Temple, which was built in the 7th century. Todaiji's temple complex was built in the year 743 AD at a time when Buddhism was at its height and served as the principal religion of Japan. The best-known relic at Todaiji Temple is its Daibutsu, a colossal statue that stands 15m tall and is one of the world's largest gilded bronze Buddha statues. It is housed in a building made completely of wood called the Daibutsu-den, which is 48m in height, making it one of the largest wooden buildings in the world. Another must-see area in Nara is Nara Park. This vast park covers almost 1,500 acres and encompasses the Nara National Museum, Kōfukuji National Treasure Hall and more—including the aforementioned Todaiji Temple.

While Nara Park offers much to see and do, most visitors will be most delighted to meet the park's most famous residents—the free-roaming deer that have become the park's trademark attraction.

The Kyoto and Nara Thanksgiving Tour, which runs November 26–29, includes round-trip airfare, transportation, hotel with breakfast with bus and walking tours to visit the castles, temples, shrines and more. Full payment is due on September 15. For more information on this tour, call MCCS Tours+ at 646-3502 or visit them online at [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours). |ol

奈良市







# Anchored Sam's Restaurant

50  
Anniversary

Text by: Laura C. Pita

Photography by: Mia Cox & courtesy of Sam's Restaurant Group

**F**or over five decades, multitudes of local Okinawans, tourists and Americans stationed on Okinawa have escaped into a vibrant nautical fantasy and experienced quality dining when visiting one of the various Sam's restaurant locations. At the flagship location in Ginowan, guests have been treated to *teppanyaki*—a term derived from the Japanese words *teppan*, which refers to the iron plate on which food is cooked and *yaki*, which means grilled, broiled or pan-fried.

This style of Japanese cuisine emerged post-WWII and became a favorite among foreign tourists due to the theatrical cooking displays of chefs as they masterfully prepared course meals in





# d in Time. urant Group 5<sup>th</sup> ersary

Layout by: Taylor McFarlane

Translation by: Hiromitsu Horikawa

front of diners. In 1964, the concept of “Japanese steakhouses” made its way to the U.S. with the opening of Benihana in New York City, gaining widespread popularity, and in 1970, Okinawa got its own American-owned teppanyaki restaurant.

“Sam’s Restaurant [was] a place that blended American hospitality with the warmth of Okinawan culture. From the chefs’ dynamic performances at the teppan grill, the exotic music filling the air and the cheerful smiles of the staff, every element of the restaurant was infused with this spirit and philosophy,” Sam’s Restaurant Group reflected.

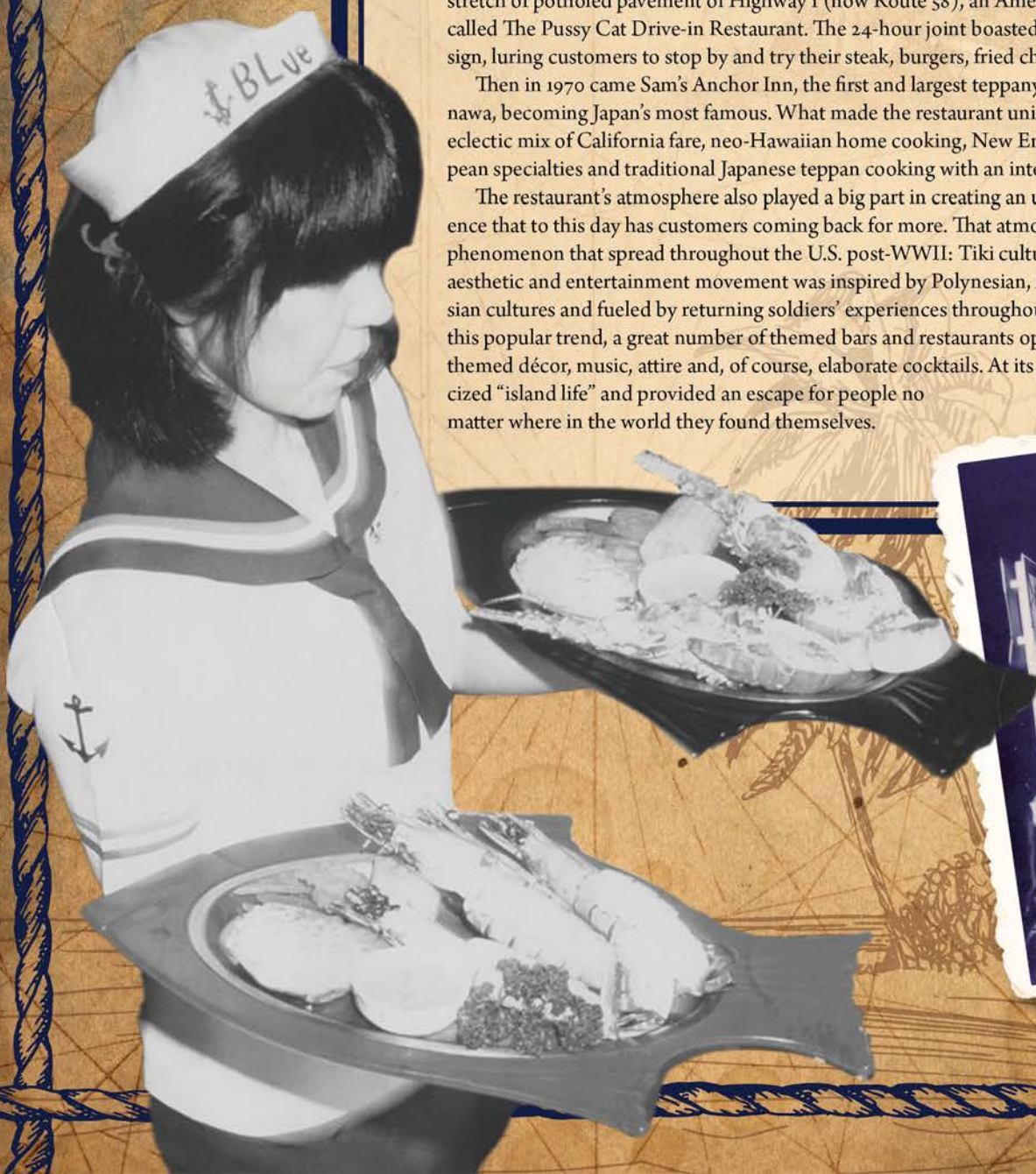




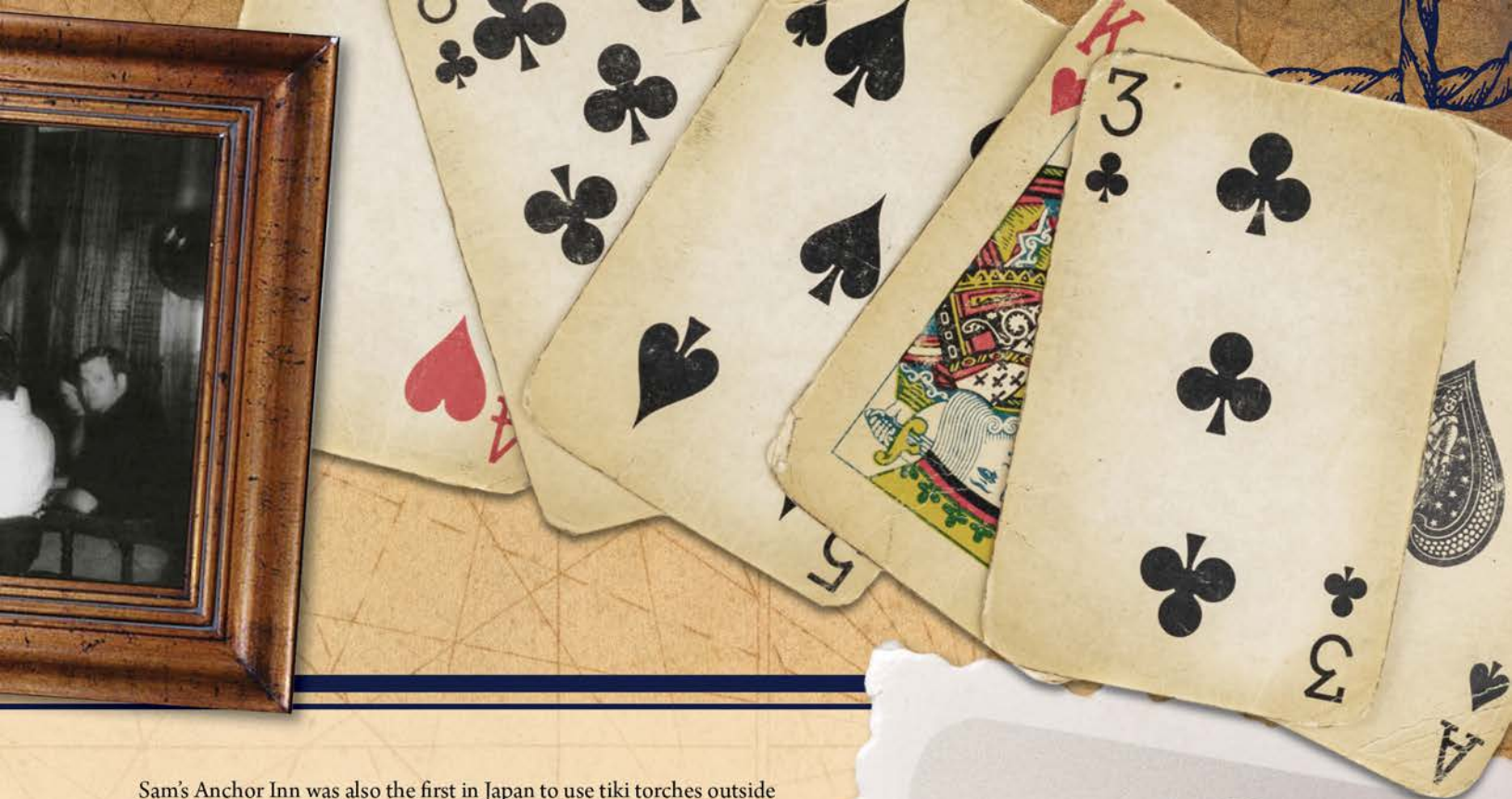
It all began with an idea... that Okinawa needed an eatery that offered a little taste of home, a place that catered to the American business community, flight crews from international airlines servicing the island and the homesick G.I.s. Futenma Town (now Ginowan), along the two-lane stretch of potholed pavement of Highway 1 (now Route 58), an American café opened in 1966 called The Pussy Cat Drive-in Restaurant. The 24-hour joint boasted the island's largest neon sign, luring customers to stop by and try their steak, burgers, fried chicken, shakes and sundaes.

Then in 1970 came Sam's Anchor Inn, the first and largest teppanyaki steakhouse on Okinawa, becoming Japan's most famous. What made the restaurant unique was the cuisine, an eclectic mix of California fare, neo-Hawaiian home cooking, New England lobster bakes, European specialties and traditional Japanese teppan cooking with an international flair.

The restaurant's atmosphere also played a big part in creating an unforgettable dining experience that to this day has customers coming back for more. That atmosphere was due to another phenomenon that spread throughout the U.S. post-WWII: Tiki culture. This retro-American aesthetic and entertainment movement was inspired by Polynesian, Melanesian and Micronesian cultures and fueled by returning soldiers' experiences throughout the Pacific. As a result of this popular trend, a great number of themed bars and restaurants opened that featured tropical-themed décor, music, attire and, of course, elaborate cocktails. At its core the trend romanticized "island life" and provided an escape for people no matter where in the world they found themselves.







Sam's Anchor Inn was also the first in Japan to use tiki torches outside their establishment, that in addition to their large neon anchor sign featuring the name of the restaurant, "steakhouse" and "tropical drinks" written in Japanese, enticed passersby to check out their offerings. Through the doors, patrons were received by a flight of stairs that felt almost like a portal, an effect of the paper-lined walls and ceiling—made up of business cards and handwritten notes collected over the decades—along with eclectic music that transported them into an immersive maritime scene.

Employees greeted guests warmly in their nautical garb, handing them playing cards that worked as waiting tickets and inviting them to sit and take in the décor, which included an original Hong Kong rickshaw hanging from the ceiling, framed black and white images and currency from all over the world. Once their card's suit and number were called, they would be escorted to the dimly lit dining area, past the restaurant's staple soup pot.





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EST. 1970

**SAM'S ANCHOR Inn**  
**Supreme Teppanyaki Steak & Seafood**

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Full Course Dinners

*The Art of Teppanyaki*

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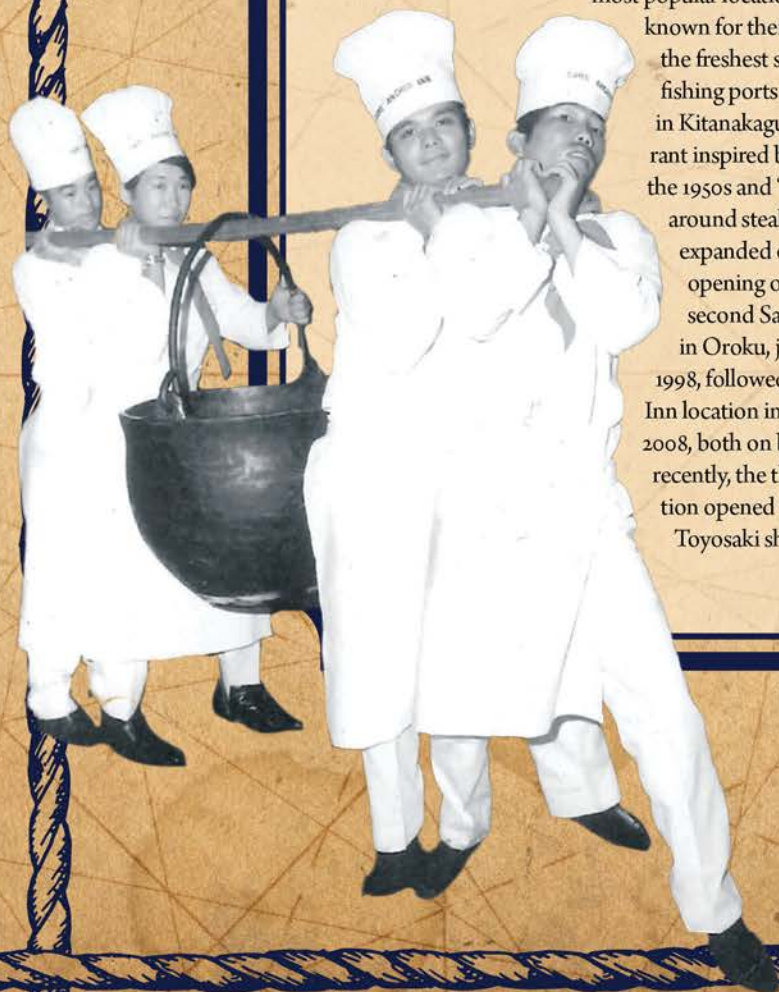
The massive crock was cast by the Sam's team on August 8, 1970, using metal from old ships, and hangs proudly to this day in a designated corner of the dining area. When holding their famous Navy Bean Soup, the pot weighs approximately 350lbs and is able to feed 640 hungry seafarers (diners).

In the dining room, dark mahogany shiplap walls were decorated with hand-selected artifacts from the Polynesian islands, New England fishing settlements and coastal ports around Asia. Stately chairs surrounded the iron plate grills where the magic would take place. All of these curated touches and the sea shanties that drifted from loudspeakers gave the impression the meal was taking place inside a time-worn wooden ship.

Through the years, Sam's Restaurant Group developed and refined a "jet fresh system" of importing live seafood from the four corners of the earth. The menu at Sam's Anchor Inn offered teppanyaki course dinners featuring seafood and steak with side dishes like garlic rice and cheese sticks.

Classic tropical drinks were garnished with fresh mint leaves from Hawaii, umbrellas and various types of fruit. Furthermore, iconic original drinks were served in elaborate cups—designed with an Okinawan vibe and offered as an *omiyage* (souvenir) for customers to take home and remember the fun times at Sam's.

Following the success of Sam's Anchor Inn, in 1974 they opened their most popular location, Sam's By the Sea in Awase, known for their surf and turf menu featuring the freshest seafood sourced from Okinawa's fishing ports. In 1985, they opened Sam's Café in Kitanakagusuku, a retro-style café restaurant inspired by the classic American diners of the 1950s and '60s, offering a menu centered around steaks, BBQ ribs and pasta. The chain expanded even further with the subsequent opening of three locations in Naha City. A second Sam's By the Sea location opened in Oroku, just south of Naha Airport in 1998, followed by the second Sam's Anchor Inn location in 1999 and Sam's Sailor Inn in 2008, both on bustling Kokusai Street. Most recently, the third Sam's Anchor Inn location opened in 2020 at the iias Okinawa Toyosaki shopping mall.





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While the walls up the stairwell and the hallway at Sam's Anchor Inn in Ginowan have been cleared for safety purposes, the portal effect can still be felt when walking into the waiting area/bar. Patrons will step back in time and experience that same nautical fantasy of yesteryear, as many of the original features that made the restaurant iconic 55 years ago—as well as the gourmet teppanyaki food and the tropical drinks (with souvenir cups)—can be enjoyed to this day!

Their menu offers several course dinner options to choose from including steak, seafood, steak and seafood as well as a few deluxe options that include an appetizer and dessert. Sit back and marvel at the effortless way your personal chef chops, sautés, flips and twists seasoning bottles while cooking everything to perfection. We suggest coming with an empty stomach and pacing yourself so you can enjoy every part of the course that's placed on your plate, as they save the best—the juicy steak and mouthwatering seafood—for last.

"At Sam's [guests should] be prepared to use sterling silverware, wooden chopsticks, or be ready to just dig in with both hands," Sam's Restaurant Group advises.



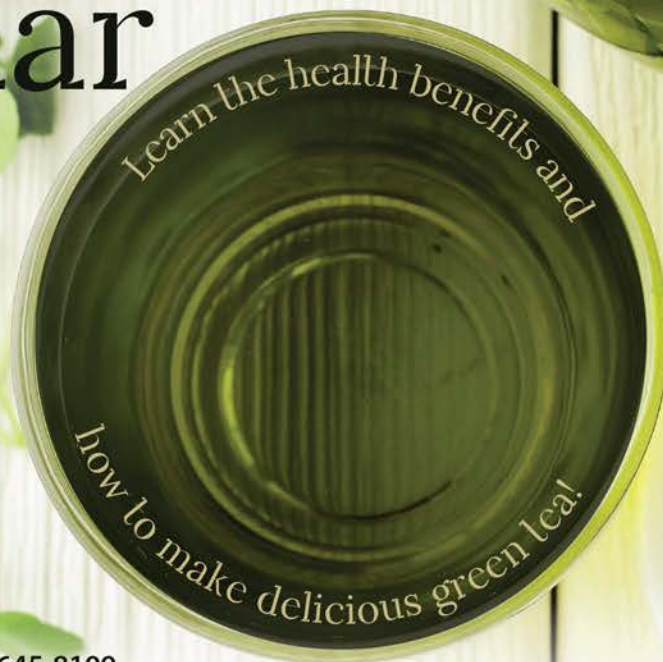


# Japanese Green Tea Seminar

August 14

11:30 a.m. – 12:30 p.m.

Camp Kinser,  
Education Center  
(Room 112)



**MARINE** & Family

Information,  
Referral and  
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645-8109

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For their 55th anniversary, the Sam's team has put together a special teppanyaki course that can be enjoyed from August 15 to October 31. The course includes a bowl of Navy Bean Soup, salad with your pick of four dressings, seasonal grilled vegetables and your choice of garlic bread or steamed rice. For the main dish, patrons can choose between the Bone-in Tomahawk Ribeye or the King Crab & Sirloin Steak. Special menus will also be available at all Sam's locations; menu items may vary.

After more than half a century, the Sam's Restaurant Group is still blessed with the support of guests from all walks of life. This enduring connection is the very realization of their founder's dream, a restaurant where "the heart takes a journey" and what a journey it's been!

As they look into the future, the Sam's team remains committed to delivering an extraordinary experience and sharing the timeless spirit of Tiki culture with everyone that walks through their hallowed halls. Good things are also on the horizon as they are currently working on opening a new location, developing new menus and events to delight their customers and who knows...there may come a day when Sam's gets an expansion to mainland Japan or even overseas.



"On this special occasion of our 55th Anniversary, we offer our sincerest thanks. We look forward to welcoming you again soon at Sam's Restaurant." - Sam's Restaurant Group. 101





# BOUNCE!

**Saturday - August 30**

**Location: Field next to Surfside Grill & Bar**

**2:30–7:30 p.m. • Ages 13 & Under**

**Open Gate Event • 2–8 p.m.**

A day made just for kids! Dive into non-stop fun with giant inflatable water slides, bouncy castles and a wild foam party! Pack your towels and goggles—it's going to be a splash-tastic time!

Don't miss a moment of the fun at Okuma Beach!

## Planning a trip to Okuma?

Reserve your stay today!  
Book your room online at [kadenafss.com/okuma](http://kadenafss.com/okuma)—you can also view room layouts and photos.

Prefer to speak with someone?

Call our Reservation Desk at  
098-962-1990/1991  
(Open daily, 8 a.m.–5 p.m.).

## Camping?

No reservations needed!  
Campsites are available on a first-come, first-served basis.

Sign up at the Golf Shack, open daily from 9 a.m. to 8 p.m.

## COLOR FUN RUN

**Sunday - August 31**

**Sign-ups • 4 p.m. | Run starts • 5:30 p.m.**

**\$15 | All Ages (includes T-shirt & Towel)**

**Location: Outdoor Recreation Equipment Rental Parking Lot**

**Open Gate Event • 3–8 p.m.**

Get ready to dash through a burst of color at the Okuma Color Fun Run!

Enjoy a 1.5-mile run along the beach, where you'll be showered in vibrant, tropical-colored powder at every turn. It's a colorful, joy-filled event perfect for families and runners of all ages. Laugh, run and get messy—Okuma style!

\*\* Event details and information are subject to change. For updates, please visit the Okuma Beach Facebook page. (note: This applies to both BOUNCE! and Color Fun Run events)



**Okuma Beach**

**Contact Information:**

 [KadenaFSS.com/Okuma](http://KadenaFSS.com/Okuma)

 [facebook.com/theokumabeach](https://facebook.com/theokumabeach)

 [@okumabeach](https://instagram.com/okumabeach)

**Okuma Beach • 631-1990**

**Lodging Reservations • 098-962-1990/1991**

**Surfside Grill & Bar • 098-962-1805**

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# RE-TRAIN *Your* BRAIN



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

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- Stress Management
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Build a better you  
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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](mailto:fapprevention@usmc.mil). • 645-2915 | 098-970-2915

**MARINE & Family** | Family Advocacy Program

## AUGUST IS...

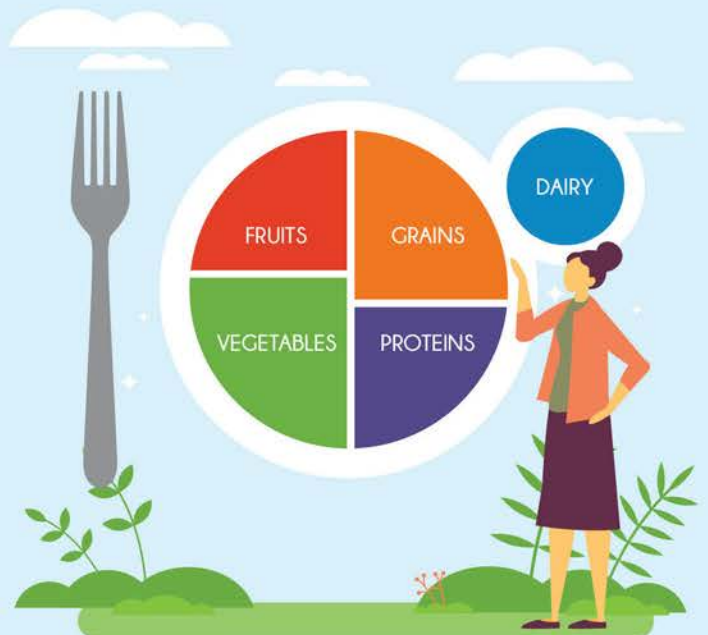
# WEIGHT MANAGEMENT MONTH

Achieve and maintain the right kind of gains!

Managing your weight contributes to good health and decreases the risk of many serious diseases and health conditions. You can do so through a combination of healthy eating, physical activity, optimal sleep and stress reduction. Keep an eye out for Health Promotion updates to learn more!

**MCCS**  
SEMPER FIT

645-3910 | [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)  
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## Weight Management Month

### Weight Management: It's Not Just About Looks

Managing your weight is not just about appearances—it's about adding years to your life. Did you know that being obese greatly increases the likelihood of developing heart disease, stroke, Type 2 Diabetes and certain types of cancers? These lifestyle diseases are also the leading cause of preventable, premature death.

Unfortunately, obesity affects nearly half of all American adults (41%) and one in five children. While many believe obesity has a straightforward cause, it actually can be influenced by many factors like behavior, genetics, medications, societal norms, trauma (past and present) and access to healthy food, healthcare and nutrition education.

The good news is that managing your weight (including just a 5–10% reduction on the scale) can have huge impacts on your health and decreases the risk of the aforementioned health conditions. The best way to manage your weight

is to incorporate small changes over time that lead to lasting, lifestyle changes. Lifestyle modifications that help with weight management include eating balanced and nutritious meals/snacks, maintaining regular physical activity (both cardio and resistance training), getting optimal sleep and managing stress.

It's important to remember, however, that a healthy weight looks different for everyone. Avoid comparisons, and remember that body shape, age, sex, ethnicity and muscle mass all influence the relationship between BMI, muscle and body fat. Talk with your healthcare provider to determine a personalized weight goal that supports your overall health and lifestyle. For more information, contact MCCS Health Promotion at 645-3910, [facebook.com/mccsokinawa.semperfit](https://facebook.com/mccsokinawa.semperfit) or check out their website at [www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion). **101**

## Get Your Paddle Moving

### Kayak Rentals from Outdoor Recreation

After moving to a subtropical island, surely the obvious occurred to you: Okinawa has just as much to enjoy offshore as on. There's swimming, snorkeling, scuba diving, surfing and, of course, one of the best water sports around—kayaking! Explore the island's waters while you discover how great of a low-impact exercise kayaking can be, providing both the cardio and strength-building components of a solid workout.

With two Marine Corps camps offering kayak rentals and beach access, starting an adventure (while sneaking in some fitness) has never been easier. Get your paddle moving at Camp Schwab's Oura Wan Bay or Camp Courtney Beach with affordable rentals from

Outdoor Recreation, located inside Schwab Power Dome and Courtney Ironworks fitness centers. At Camp Courtney, your rental will also come with a hand-pull trolley that makes the process of getting your kayak down to the beach even smoother.

Kayak rentals at both locations are available for daily rates (with an equipment return deadline of 5:30 p.m.), but if you'd like more time on the water, weekend rates (Friday–Sunday) are also an option. For more information, visit [www.okinawa.usmc-mccs.org/outdoor\\_recreation](http://www.okinawa.usmc-mccs.org/outdoor_recreation). If you have any questions, email [fitnesscenters@okinawa.usmc-mccs.org](mailto:fitnesscenters@okinawa.usmc-mccs.org), or call 622-9221 (Camp Courtney) or 625-2442 (Camp Schwab). **101**

## Fit Fest Clinic

### Explore Your Fit

Join the MCCS Semper Fit Group Fitness Program at the Fit Fest Clinic: Explore Your Fit for a dynamic day of movement with two electrifying group fitness formats. The clinic will take place at Camp Courtney's Ironworks Fitness Center Aerobics Room on Saturday, August 16 with two classes at 9:30 a.m. and 10:30 a.m.

Each clinic will be 20 minutes long featuring high-energy cardio, strength training and more, and will finish with a 20-minute session applying what was learned. Whether you're a fitness enthusiast or just starting out, this is the perfect opportunity to explore new workouts and connect with fellow fitness lovers. So, get ready to sweat, stretch and smile through the journey!

This event is FREE and open on a first-come, first-served basis to all with base access 18 years of age or older. Individuals 12–17 may attend with a parent/legal guardian present with Youth Gym Authorization. For more information, visit [www.okinawa.usmc-mccs.org/semperfit](http://www.okinawa.usmc-mccs.org/semperfit). **101**







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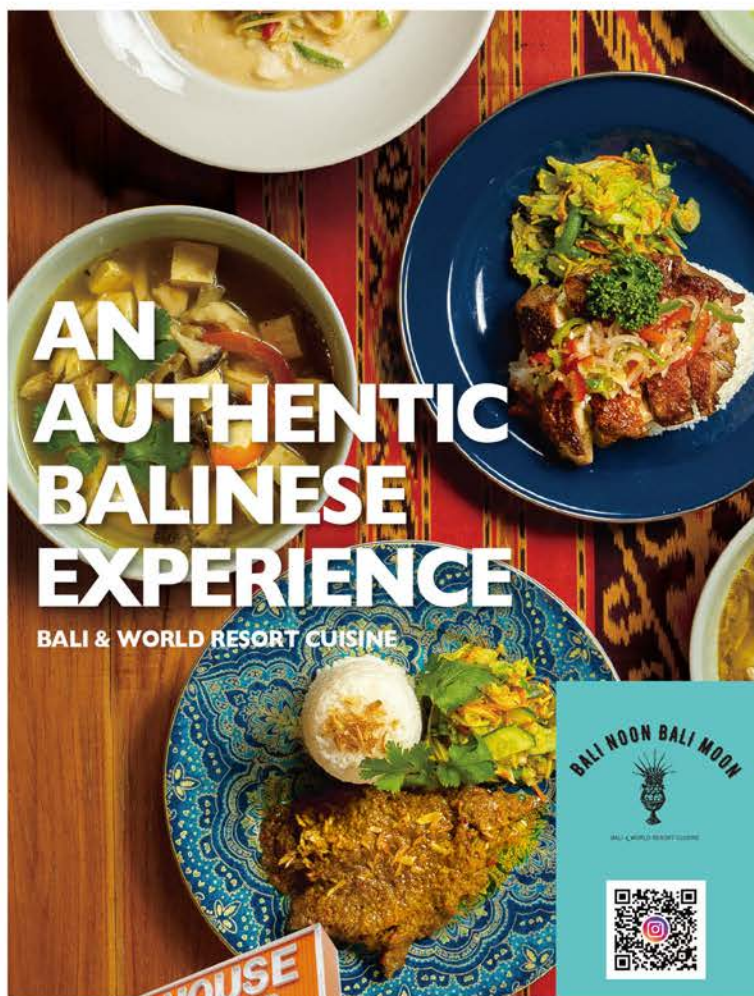


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## Futenma Open Softball Tournament

### Hit the Pitch!

Calling all softball enthusiasts! MCAS Futenma will be hosting a softball tournament on Saturday, August 23 and Sunday, August 24. This event is open to all SOFA and non-SOFA participants ages 18 years and older.

Blast home runs with friends while making new ones at this competitive community event. Enhance teamwork, enjoy fitness and, most importantly, have a blast!

The Futenma Open Softball Tournament will take place at the MCAS Futenma

softball fields. Register your team by August 18 at 1 p.m. for \$200 on Eventbrite. What are you waiting for? Sign up your crew today! Awards, along with bragging rights, will be given to the 1st, 2nd and 3rd place teams, so get ready to hit that pitch!

For more information on the softball tournament and other upcoming events, call 636-2672, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports). **101**

## Taiyo Golf Club

### FREE Ride Program

If a stress-free day out on the green is your kind of good time... MCCS has something that will take it up a notch—FREE transportation services to and from one of the finest U.S. military golf facilities in the world!

SOFA ID card holders island wide can schedule a trip to Taiyo Golf Club for a maximum of eight people with pick-up/drop-off locations on Camps Foster, Courtney and Hansen. Transportation services are available daily from 9 a.m. to 6 p.m., with Sunday services based on availability. To book your trip, call the Pro Shop at 098-954-2004, 24 hours in advance.

While at Taiyo, don't forget to check out the Pro Shop for all of your apparel and equipment needs, Taiyo Café for quick bites and Taiyo Steakhouse for more gourmet offerings. For more information on this and other offerings at Taiyo Golf Club, visit [www.okinawa.usmc-mccs.org/taiyo](http://www.okinawa.usmc-mccs.org/taiyo). **101**

## Courtney Open Kickball Tournament

### Not Just Schoolyard Fun

Gather your team, hone your leadoff skills and prepare for an unforgettable weekend of fierce kickball competition at the Courtney Kickball Tournament on August 30 and 31 at the Camp Courtney athletic field from 9 a.m. to 4 p.m. This thrilling event is open island wide to both SOFA and non-SOFA participants ages 18 and older.

This highly anticipated kickball tournament promises intense competition and a fantastic sporting atmosphere. In addition to the thrill of the games, there are exciting incentives up for grabs! The top three teams will be awarded prestigious prizes recognizing their remarkable performance throughout the tournament. So, don't miss your chance to showcase your skills and compete against some of the best teams on the island.

Register via Eventbrite before Monday, August 25 at 1 p.m. to secure your spot for \$125. For more information, head to [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports) or email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org). **101**





TAIYO JUNIOR

2025

GOLF TOURNAMENT

FORMAT: FLIGHTED STROKE PLAY

September 28 | 11 a.m.



TAKE A SWING AT VICTORY.  
OPEN TO KIDS AGES 8-18

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RIDE THE RHYTHM WITH  
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MARINE CORPS COMMUNITY SERVICES



## Foster Open 5v5

### Ultimate Disc Tournament

Bid, huck and cut your way to the Camp Foster athletic fields for a flurry of flying discs at the Foster Ultimate Disc Tournament on Saturday, September 6 and Sunday, September 7 from 9 a.m. to 5 p.m., both days.

Gather your team of 12 players, plus a coach (if the coach plans to participate as a player they will count against the 12-player limit) and come on out to show off your skills. The tournament will consist of two 20-minute halves and teams that place 1st, 2nd and 3rd place will go home with awards.

The Foster Open 5v5 Ultimate Disc Tournament is open to participants island wide ages 18 and older. Register via Eventbrite by Monday, September 1 at 1 p.m. for \$125. For more information on this and other MCCS Adult Sports events, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org), call 645-4866 or visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports). For updated information follow their Facebook page at [facebook.com/mccsokinawa.sempfit](https://facebook.com/mccsokinawa.sempfit). **101**



## Visiting Mt. Fuji?

We've Got You Covered!

Planning to conquer Mt. Fuji or take a scenic vacation around the Fuji Five Lakes this summer? Camp Fuji, located just 30 minutes from the Yoshida Trail 5th Station, has got you covered with airport transportation, lodging and car rental options to make your trip a breeze!

The Mountain View Inn offers a convenient, comfortable and affordable stay for active-duty personnel, reservists, retirees, military dependents and DoD civilians alike. The inn also offers car rentals in collaboration with Mountain

Motors and your vehicle will be ready to pick up at the front desk. Mountain Motors offer sedans, vans, trucks and even RV's that are ready for every season. All vehicles include FREE toll passes, perfect for exploring beyond the Fuji area!

For more information on the Mountain View Inn, email [FujiMVI@okinawa.usmc-mccs.org](mailto:FujiMVI@okinawa.usmc-mccs.org) or visit [campfuji.usmc-mccs.org/lodging](http://campfuji.usmc-mccs.org/lodging). For more information on Mountain Motors, email [fuji.mountainmotors@okinawa.usmc-mccs.org](mailto:fuji.mountainmotors@okinawa.usmc-mccs.org) or visit [campfuji.usmc-mccs.org/services](http://campfuji.usmc-mccs.org/services). **101**



## In a Bit of a Pickle?

Time for a Game of Pickleball!

What exactly *is* pickleball, you say? It's a fun and competitive sport that combines three sports—tennis, badminton and ping-pong. According to [usapickleball.org](http://usapickleball.org), pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington. Three dads—Joel Pritchard, Bill Bell and Barney McCallum—are credited with creating a game to entertain their bored kids. Since then, the sport has evolved into a popular activity enjoyed by millions throughout the U.S., Canada and internationally as well!

It's time to jump onto the pickleball bandwagon at the Foster Open Pickleball Tournament. Taking place on Saturday, August 16 and Sunday, August 17 at the Camp Foster tennis courts, this tournament is open to participants island wide 16 and older. Awards will be given to 1st, 2nd and 3rd place winners. Be sure to register before August 11 (1 p.m.) via Eventbrite for \$20 for singles or \$40 per doubles team. For more information on the Foster Open Pickleball Tournament, call 645-4866, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports). **101**



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OPEN DAILY 11:30~15:00 (L.O. 14:30) 17:00~23:00 (L.O. 22:00)



terrace seating available



# L.I.N.K.S. Foundations & Workshops

## Helping You Understand the Marine Corps

Discover Marine Corps life and the ins and outs of your new community with Marine Corps Family Team Building's (MCFTB) L.I.N.K.S. workshops. Ideal for spouses and service members new to military life or living overseas, these comprehensive sessions offer insights into Marine Corps history, rank structure, local resources, benefits, deployments, communication styles, community involvement and traditions. At these workshops, you can also connect with fellow spouses and service members, build resilience and feel at home in your new surroundings.

This month, L.I.N.K.S. is offering different workshops for both spouses and service members. Join in on an Onigiri-Making Class on August 5, from 12:30 to 2 p.m. on Camp Foster (Bldg. 445), where you can learn how to make this beloved Japanese rice staple. A Japanese language L.I.N.K.S. Foundations class is available on August 19, from 9 a.m. to 4 p.m. at Habu Pit on MCAS Futenma (Bldg. 201), tailored specifically for Japanese spouses and service members new to military life. For those already acclimated to island life and affiliated with the military, the L.I.N.K.S. Mentor Workshop is a great place to share your wealth of knowledge! Taking place on August 26, from 10 a.m. to 1 p.m. at the Habu Pit, the Mentor Workshop is seeking seasoned spouses to come together to share knowledge, build stronger connections and learn how we can better support one another.

Next month, L.I.N.K.S. Foundations will take place on September 9 at Legends on Camp Courtney (Bldg. 4403) from 9:30 a.m. to 2:45 p.m., where you can learn about the Marine Corps mission and how it affects Marines and the family they were born into, sworn into, and/or married into, gain the knowledge and develop the skills to successfully meet the challenges of the Marine Corps lifestyle as well as make new friends and thrive as an empowered member of the Marine Corps family.

L.I.N.K.S. classes are offered in various formats including full-day, half-day lunch-and-learn series or via unit request. For more information on these MCFTB offerings, upcoming events and more, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb) or contact them at 645-3689. 101



New Parent Support Program

Join Heidi Murkoff, author of the  
*What to Expect When You're Expecting* series.

# MILITARY Baby Shower & Reunion



FRIDAY, SEPTEMBER 12  
SATURDAY, SEPTEMBER 13

11 A.M.-2 P.M.  
CAMP FOSTER OCEAN BREEZE

REUNION: SEP 12, 3-5 P.M.

Scan Here to  
REGISTER



645-0396 | 098-970-0396  
[www.okinawa.usmc-mccs.org/npsp](http://www.okinawa.usmc-mccs.org/npsp)



**MARINE & Family**  
Family Advocacy Program



## THE LEADER THEY'LL REMEMBER

OCEAN BREEZE, CAMP FOSTER  
SEPTEMBER 4 & 5  
8 A.M.-4 P.M.



JOIN US FOR A DYNAMIC TWO-DAY SEMINAR EXPLORING WHAT IT TRULY  
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**MARINE & Family**  
Marine Corps Family Team Building



# Empowering Friends and Family

## Educational Workshop

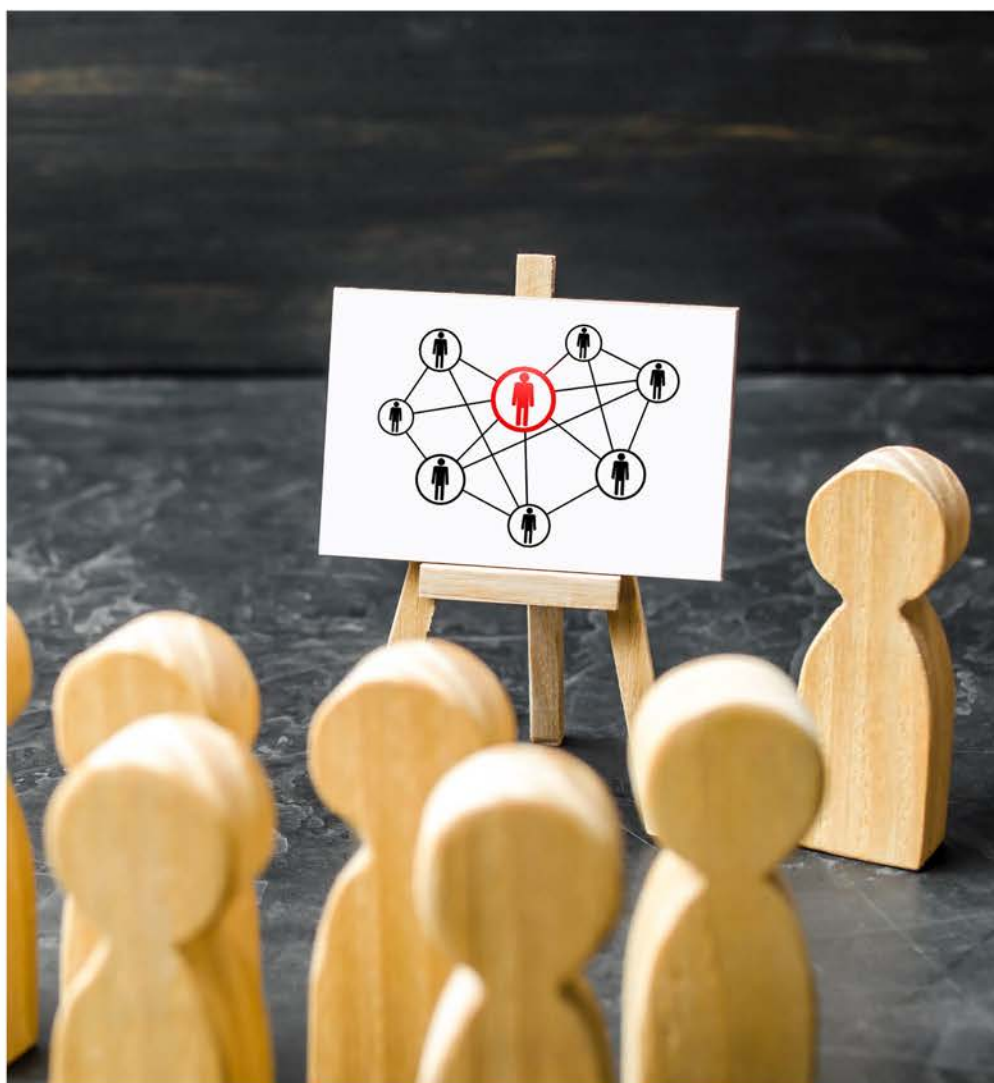
Misuse of substances can have negative effects on someone's life and the lives of those around them. While it can be hard to talk to a person you love about their problems with their addiction, offering support to your friend or family member may be the encouragement they need to seek help.

The Behavioral Health Substance Assessment and Counseling Program will be holding a 3-day educational workshop September 3–5 from 5 to 6:30 p.m. at Bldg. 440 on Camp Foster. The workshop hopes to provide support to loved ones who are dealing with a family member or friend with substance problems or is currently in recovery.

Empowering Friends and Family will teach people how to cope with the impact of living with an addiction, how to build healthy relationships and offer them tools to begin their healing journey. Classes will educate participants on what addiction is, how it can impact the family system and how to make a recovery plan. A daily journal will be kept during the 3-day program.

While the workshop is focused on chemically dependent people, it's open to anyone who has someone with an addiction in their life. The focus is not only to educate but to give loved ones a chance to build a local support network.

Empowering Friends and Family Information and Referral Program is not considered a structured program and is open to SOFA ID card holders ages 18+. To register and to find more information on this and other Substance Assessment and Counseling Program offerings, visit [www.okinawa.usmc-mccs.org/sacc](http://www.okinawa.usmc-mccs.org/sacc). 101



# Learn How to Be...

## ...The Leader They'll Remember

Being a leader means guiding and inspiring others toward a shared goal with integrity, empathy and vision. A true leader listens actively, communicates clearly and empowers others to succeed. Leadership isn't simply about authority—it's about responsibility, setting an example and making decisions that benefit a group as a whole. Leaders must remain calm under pressure, be able to adapt and overcome as well as stay committed to their values even during difficult times. Another important facet of leadership is recognizing the strengths of others, fostering collaboration and building trust. Ultimately, leadership is about service, putting your team's needs first and fostering a positive environment where everyone feels safe to contribute and thrive.

Want to learn more about what it takes to be a leader? Join Marine Corps Family Team Building (MCFTB) for The Leader They'll

Remember, a two-day leadership development seminar focused on respect-based, character-driven leadership. Participants will explore communication, conflict management, emotional intelligence and various leadership styles through historical case studies and interactive workshops, including *The 7 Habits of Highly Effective People Foundations*.

The dynamic two-day seminar will take place on Thursday, September 4 and Friday, September 5 from 8 to 4 p.m. at the Northern Breeze Room inside Ocean Breeze on Camp Foster. If you're ready to learn what it truly means to lead with integrity, courage and character, register via Eventbrite before August 21. For special accommodations, email [mcftbokinawa@okinawa.usmc-mccs.org](mailto:mcftbokinawa@okinawa.usmc-mccs.org). For more information on this and other MCFTB offerings, call 645-3696 or visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). 101



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# 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 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, MCCS 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 MCCS employees, as well.

To start your job search, head to [www.okinawa.usmc-mccs.org/jobs](http://www.okinawa.usmc-mccs.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-mccs.org/newsletter](http://www.okinawa.usmc-mccs.org/newsletter)). For more information on becoming a member of the MCCS team, call 645-3052. **10L**

## MCFTB Presents...

### ...the Premarital Seminar

Looking to improve connections with your partner? After all, learning about the valuable resources offered by MCCS is a great place to start understanding your new life before tying the knot.

The Marine Corps Family Team Building (MCFTB) team is here to help make your military life a lot simpler with the Premarital Seminar 2025, perfect for couples preparing to marry soon or just wanting to ensure a successful transition into married life.

This seminar will be held on the second Friday of every month at 8 a.m. at Ocean Breeze on Camp Foster. At this informative event, participants will learn about the procedures for marrying in Japan and neighboring countries, an overview of key family programs and resources will also be provided. 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 and effective communication strategies that are essential for building a strong foundation for marriage in a military environment.

Don't miss this opportunity to invest in your personal development and build the skills necessary to nurture a fulfilling relationship after learning about the resources available to you as a new spouse. Sessions are completely FREE with registration required via Eventbrite. For more information on the Premarital Seminar and other MCFTB offerings, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). **10L**







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# Embark on an Adventure...

## Tours+ Thanksgiving Bangkok and Pattaya Tour

Looking for another way to give thanks to your family (or yourself) this Thanksgiving holiday? How about heading on an exotic adventure to Bangkok and Pattaya with MCCS Tours+ from November 27 to December 2?

Bangkok, Thailand's international gateway, is a delightful city filled with fascinating sights and sounds. At first glance, it's a maddening collision of people and heat and cacophony—the city is definitely defined by its bustle. While in Bangkok, pound the pavement and travel through spice clouds wafting from street stalls, swim in bowls of sweet and sour Thai food, tour the Grand Palace, sip in the views at a rooftop bar, drift through a 100-year-old floating market, revel at the 150-foot-long reclining Buddha and then wind down with an hour-long traditional Thai massage.

Pattaya, located on Thailand's eastern coast, is Bangkok's polar opposite in personality. Originally a quiet fishing village known for its beautiful landscape and beaches, Pattaya is thoroughly modernized with resort hotels, shopping malls and vibrant nightlife. While in Pattaya, you can relax on one of the many beaches, tour the floating market and visit temples such as the Sanctuary of Truth—a 20-story architectural marvel made entirely with hand-made wooden carvings.

The sign-up deadline for the Thanksgiving Bangkok and Pattaya tour is September 15. For more information on this tour as well as other MCCS Tours+ offerings, visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours), email [tours@okinawa.usmc-mccs.org](mailto:tours@okinawa.usmc-mccs.org) or call 646-3502. **10L**



## Relaxed & Un(wine)d at

### Okinapa Wine Festival

Dust off your cocktail attire or treat yourself to a new fit and gather your friends for a girl's night out or your spouse for a unique date night because the Okinapa Wine Festival is just around the corner! Join us on Friday, October 17 and Saturday, October 18, from 5 to 10 p.m. for a delightful evening of fabulous cuisine and fine wine tasting at the Butler Officers' Club on Plaza Housing.

Expect delicious food that pairs perfectly with your wine samples and mingle as you enjoy live entertainment. Past Okinapa menus have included carving stations, cheese wheels, risottos, pasta, crab cakes, an oyster bar and more!

There will be wine selections from around the globe to taste, including sparkling champagne and excellent vintages. Don't forget to note your

favorites as you make your way through the wine tasting selections, that way you can have a list ready to go once it's time to shop the vendor booths. Your ticket also includes a FREE souvenir tasting glass.

To allow all attendees to enjoy themselves while staying safe, there will be FREE shuttle transportation to and from multiple camp locations. Make sure to keep an eye out online for shuttle locations and schedules. Daiko and taxi services will also be available throughout the evening.

Okinapa Wine Festival is a ticketed event, with sales limited to four tickets per purchase. Tickets are \$60 per person and will be available September 15 at 8 a.m. by visiting [www.okinawa.usmc-mccs.org/boc](http://www.okinawa.usmc-mccs.org/boc). For more information on this event, call 645-753. **10L**





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# Indulge Your Sweet Tooth...

...at 58 Sweets

If you haven't paid a visit to the Camp Foster Library recently, there's no better time! Not only can you escape the heat while browsing their vast selection of books and other media, you can also indulge your sweet tooth at 58 Sweets. 58 Sweets invites visitors to slow down and explore the library's plentiful bookshelves before indulging in some well-deserved treats.

Stop by one of the island's best sweets emporium today and treat yourself to delightful creations including an assortment of French macarons with flavors like Vanilla, Chocolate, Coffee, Salted Caramel, Red Velvet, Birthday Cake, Coconut and more.

In addition to macarons there are also various cakes including Blueberry, Strawberry and plain Cheesecake, Tiramisu, Lemon Cake, Red Velvet Shooters and much more! Pair your pick of

dessert with a rich espresso, a creamy *café latte*, or cool off with a refreshing frozen yogurt, which can be topped with five tasty options—crushed Oreos, mini-M&M's, sprinkles, Reese's Cups and honey granola—or add a French macaron.

Whether you're looking for a place to study, to take advantage of the library resources (which include books, computers, Innovation Lab equipment, games and movies) or a place to treat yourself, 58 Sweets and the Camp Foster Library offer a small escape from the bustle of everyday life. 58 Sweets is open daily from 10 a.m. to 7 p.m. and is located inside Bldg. 5679.

For more information visit, [www.okinawa.usmc-mccs.org/58sweets](http://www.okinawa.usmc-mccs.org/58sweets) or [www.okinawa.usmc-mccs.org/library](http://www.okinawa.usmc-mccs.org/library) respectively. **lol**

# Game Night Final Fridays...

...At Habu Pit

Friday night marks the beginning of a well-earned break, come on—you *definitely* deserve it. Winding down from a long week and haven't decided on what exactly to do? Afterall, you want to kick off your weekend in a great way...that's why you should head on down to the Habu Pit on MCAS Futenma for Final Fridays—this month's theme is Game Night.

On Friday, August 29 from 5 to 9 p.m., enjoy a plethora of games that suit your mood the best. From board games to digital games, darts and more, this night is one to let loose and have fun. Complimentary food will also be available from 5 to 7 p.m., so you'll be playing games *and* eating good grub. This event is open to SNCOs, Officers and civilian equivalents. Let the good times roll while also boosting the morale and welfare of other military members here on island.

Pencil in the date because you sure don't want to miss this monthly social hangout! For more information on Final Fridays and upcoming offerings from Habu Pit, visit [www.okinawa.usmc-mccs.org/habupit](http://www.okinawa.usmc-mccs.org/habupit) or call 636-3081. **lol**









# Jinsei Saikou

Beautiful Curry, Beautiful Life

Text by: Swetha Gogue | Photography by: Mia Cox | Translation by: Ayako Kawamitsu

When Yasushi Kiyuna's father passed away unexpectedly, during *Hatsu Nanichi* (the first of seven Okinawan memorial services held on the seventh day after death, when those who have crossed into the afterlife arrive at the Sanzu River—initiating their new journey to the other side), he was miraculously blessed with news from the hospital that a perfectly matched kidney donor had been found for him as he was ill.

Taken as a sign from his deceased father, Kiyuna-san was moved by an unexplainable force and with his transplant brought upon new life, hence the name of his curry shop, *Jinsei Saikou* (Beautiful Life). Although opening a curry restaurant wasn't something he ever thought about until this renewed outlook on life inspired him to live it to his fullest, Kiyuna-san has found a profound sense of purpose in life through his restaurant.

Since November 8, 2024, Jinsei Saikou has been serving up global curries that bring joy with every spoonful. Each dish comes with bright, turmeric-infused rice and a garnish that complements the flavors. These condiments range from pickled papaya and pickled carrots to *kasuri methi* (dried fenugreek leaves). You can even opt to customize your meal by choosing their half-and-half option, offering you a taste of two different curries at once. Before digging into each plate, Kiyuna-san emphasizes that one must say "jinsei saikou" to enhance the positive vibes and blessing your food with the words.

"I want people to know [the phrase] 'jinsei saikou' like they know other Japanese words like *wasabi*. It's a magical phrase that makes everyone happy," Kiyuna-san shared.

Now that our food is blessed, let's dig into the Coconut Curry and two plates of half-and-half curries. We went with Papaya Chicken Curry and Veggie Curry as well as the San-Mai-Niku and Green Curry with their home-made *beni imo* (purple sweet potato) lassi.

We started with the Coconut Curry—a popular option for children; this mellow and creamy curry is perfect for those who love all

things coconutty. With underlying notes of cinnamon, ginger and garlic, this is one that is full of flavor and chunks of tender chicken.

Next up is the Green Curry and Veggie Curry half-and-half. The Green Curry is made with aromatics such as lemongrass, galangal, kaffir lime, garlic and onion and simmered with chicken, bamboo shoots, eggplant, mushrooms and coconut milk. Addictively scrumptious, this Green Curry is packed with flavor and a hint of spiciness that makes it hard to put the spoon down. After, we dove into the Veggie Curry, derived from Indian cuisine's *daal*, this plant-based choice blends together nutritious lentils, various beans and millet rice that is sure to keep you full of fiber along with the beautiful pastel probiotic-filled lassi, which by the way, is a perfect complement to the various rich flavors.

The Three-Piece (San-Mai-Niku) Curry is a hearty meal filled with cubes of pork in a rich tomato and onion gravy seasoned with cumin, coriander, ginger, garlic, paprika, cardamom and edible rapeseed oil. A special dish, this one will satisfy you with its homemade charm. And last, but not least, the Papaya Chicken Curry is a marvelous dish using homegrown papaya straight from Kiyuna-san's garden. Slightly sweet, comforting and velvety, the Papaya Chicken Curry is bursting with flavor from the underlying notes of tamarind, coriander, nutmeg and shrimp paste.

All curries are mild in terms of spiciness (minus the Green Curry), making it palatable for children and those with lower spice tolerance, and, if you're looking to shake things up, chili oil is available to drizzle. Frozen packs of every curry on the menu are available for purchase and can also be shipped domestically.

Jinsei Saikou is not only nourishing for the body, but also for the soul, leaving you feeling blessed to be alive, bite after bite.

"You never know what is going to happen in life, please live it positively," Kiyuna-san advised. **101**

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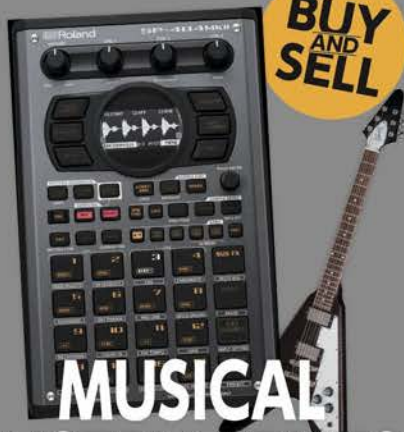
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**AWASE**

3-13-1 Yogi, Okinawa City, Okinawa Pref.  
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# Back To School

## Family Fun Nights

Can you believe it's August already? If you're asking yourself, "Didn't summer just start?" and find yourself wondering where the time has gone, you're not alone! Before you know it, the kiddos will be off to a new school year. If you've already started back-to-school shopping, you're the real MVP! If not, it's definitely time to find that list and start gathering the supplies!

MCCS invites you to celebrate the back-to-school season with not one, not two, but *three* Family Fun Nights that are sure to yield good times and lasting memories. Join us on Thursday, August 21 from 5 to 9 p.m. at Kinser Surfside on Camp Kinser, Ocean Breeze on Camp Foster or Tengan Castle on Camp Courtney to enjoy a buffet

and plenty of activities for the young ones!

This month attendees will be able to design and color their own school supplies, including bookmarks and notebooks. There will also be a school bus-themed photo booth with frames to take home with you, making it the perfect keepsake to mark the start of a new school year.

Family Fun Nights are \$12.95 for adults and teens, \$6.95 for children ages 5–11 and FREE for children under 5. Kinser Surfside and Ocean Breeze host Family Fun Nights every third Thursday of the month, while Tengan Castle hosts them every Thursday. For more information, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). **101**

# Youth Basketball & Cheer Season

## Jump Into Youth Sports

Is your little one completely obsessed with their footwork on their crossover and step-back combo? Do they happen to have an innate ability to turn a frown upside down with their song-and-dance routines? If you answered yes to either of the above, or you just want to enroll them in a fun activity that'll make them new friends and keep them active, then maybe you should consider signing them up for Youth Basketball or Cheer with MCCS Semper Fit Youth Sports.

Semper Fit Youth Sports programs are recreational leagues built around the idea that all kids should have the opportunity to play sports and have fun doing so. Whether your kiddo has moves like Kyrie, is a master TikTok choreographer or tends to trip over their two left feet, they can find fun and joy in developing skills in the sport of their choice. What's more, kids who participate in team sports develop lifelong bonds with teammates, a sense of fair play and are better able to collaborate during school projects—so what are you waiting for? Sign up your kid today!

Youth Basketball and Cheer teams are open to children ages 5 to 18; children who are 4 years old may register if they turn five before January 25, 2026. Practices start October 14 with the first games beginning the week of October 25 and continuing until January 25. Registration runs from August 1 to 31 and can be completed online at [www.okinawa.usmc-mccs.org/youthsports](http://www.okinawa.usmc-mccs.org/youthsports) or at any staffed MCCS Fitness Center. For more information, call 645-3533/34 or email [youthsports@okinawa.usmc-mccs.org](mailto:youthsports@okinawa.usmc-mccs.org). **101**





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Naha Airport

### JTA Naha-Kansai Timetable (Aug 1 - Oct 25)

Okinawa (Naha) → Osaka (Kansai)		Osaka (Kansai) → Okinawa (Naha)	
Flight	Time	Flight	Time
<b>Best Pick!</b> JTA0002	07:10-09:10 *1	JTA0001	08:20-10:25
JTA0004	11:20-13:25 *2	JTA0005	14:10-16:20 *5
JTA2006	15:30-17:25 *3	JTA2007	18:15-20:20 *3
JTA0008	17:20-19:25 *4	<b>Best Pick!</b> JTA0009	20:15-22:20 *6

\*1 Oct 1-25: Arrives 5 min earlier  
\*2 Sep 1-30: 5 min earlier / Oct 1-25: Departs 5 min earlier, Arrives 10 min earlier  
\*3 Operates on Aug 1-3, 6, 8-17, 20, and 22-24  
\*4 Sep 1-30: 10 min later, / Oct 1-25: Departs 5 min later, Arrives 5 min earlier  
\*5 Oct 1-25: Arrives 5 min later  
\*6 Sep 1-30: Departs 5 min later

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## Celebrate Growing Families at...

...the Military Baby Shower & Reunion 2025

On Friday, September 12 and Saturday, September 13, from 11 a.m. to 2 p.m., the New Parent Support Program (NPSP) will be celebrating expecting families and those with babies under six months by hosting a Military Baby Shower with Heidi Murkoff, renowned author of the *What to Expect* series. A reunion will also take place on Friday, September 12 from 3 to 5 p.m. for those who have previously met Murkoff at a past Military Baby Shower event.

The Military Baby Shower & Reunion will take place at Ocean Breeze on Camp Foster and is open to SOFA ID card holders (that are expecting or have a baby under six months old) from all military branches. Tickets are available via Eventbrite and the registration deadline is August 22. For more information on this event or to learn more about other NPSP offerings, call 645-0396 or visit [www.okinawa.usmc-mccs.org/npsp](http://www.okinawa.usmc-mccs.org/npsp). 101

## Crafts, Films & Fun

### Summertime Festivities

Summers on Okinawa are sweltering hot, but you can easily keep cool indoors as you and your kids keep calm with art, a family-friendly Disney film and sweet, cold air conditioning when you join Marine Corps Family Team Building (MCFTB) as they host Crafts, Films & Fun.

On Wednesday, August 6, the Foster Library will be screening *Frozen* and on Wednesday, August 20, the Camp McTureous Community Center will be playing *The Good Dinosaur*; doors open at

9 a.m. both days. Don't miss out on this chance to make summer memories that'll last a lifetime as you get creative with craft activities, watch a movie for entertainment and have a whole lot of fun with everyone!

This event is FREE and open to DoD ID card holders; registration on Eventbrite required. For more information on Crafts, Films & Fun and other MCFTB offerings, call 645-3689, email [MCFTBokinawa@okinawa.usmc-mccs.org](mailto:MCFTBokinawa@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). 101

## Bouncers+

### Your Source of Summer Fun!

Make your next summer party one to remember with Bouncers+, your one-stop rental shop for bounce houses, inflatable activities and lawn games. Bounce houses (16ft by 16ft) are \$130 a pop and come with a themed banner of your choice—Jurassic Park, Disney Princess, Marvel, Minions and more.

For the more competitive partygoers, Bouncers+ rents out inflatable sumo suits and an inflatable boxing ring. And when the summer heat comes knocking, Bouncers+ is here to keep the party cool with inflatable Slip n' Slides (double lane \$165) and dunk tanks. In regards to lawn games, giant Jenga, bocce ball, horseshoes, croquet, cornhole, Jumbo 4 to Score and Ladderball sets are all available for rent.

As if this wasn't all exciting enough, Bouncers+ also offers a convenient on-base delivery service to Camps Lester, Foster, Kinser, Hansen, Courtney and Schwab, as well as Plaza Housing, MCAS Futenma, Chibana Housing and Kadena Air Base. Reservations must be made one day prior to the scheduled delivery service date and can be made online. If you don't require delivery, rental equipment can be picked up at the Special Events Warehouse (Bldg. 325) on Camp Kinser. Bouncers+ Party Rentals is run by MCCS Special Events (Bldg. 5677 on Camp Foster).

For any questions you may have, email [speialevents@okinawa.usmc-mccs.org](mailto:speialevents@okinawa.usmc-mccs.org) or call 645-5828. For more information, visit [www.okinawa.usmc-mccs.org/bouncers](http://www.okinawa.usmc-mccs.org/bouncers). 101







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**THE SALE MAY BE CANCELLED WITHOUT PRIOR NOTICE.**

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

[www.okinawa.usmc-mccs.org/warehousesales](http://www.okinawa.usmc-mccs.org/warehousesales)

**MCCS**  
MARINE CORPS  
COMMUNITY CENTER

**Splash  
into  
Summer!**

**OPEN DAILY UNTIL OCTOBER 13  
9 A.M.-6 P.M. (LAST ENTRY 5 P.M.)**

**Entrance Fee**  
KIDS 3-5 YEARS: ¥700  
KIDS 6-12 YEARS: ¥900  
KIDS OVER 13: ¥1,300  
FEE FOR ACCOMPANYING GUARDIAN: ¥700

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A woman with long dark hair is sitting in the driver's seat of a car. She is holding a white tissue to her forehead, looking uncomfortable. The car's interior and windows are visible, with bright light coming from outside, suggesting a hot day.

# Stay Cool in the Dog Days of Summer

with Typhoon Motors Sales

Summer may be ending for the little ones as they prepare for another fruitful year at school (even though some may be kicking and screaming), but the season of heat is long from over on Okinawa—we have quite a ways to go before the dog days of summer end. Driving on Okinawa in this summer-time heat can either be heaven or the polar opposite—with the performance of your air conditioner providing the defining difference between cruising along a seaside road in either cool comfort or drenched discomposure. If you've noticed your old reliable isn't cooling down as it used to, or the temperature of the A/C in that new-to-you ride simply isn't cutting it, it's definitely time to take steps!

To ensure that you're feeling more like a polar bear than a steamed vegetable, head over to your nearest MCCS Typhoon Motors this month for their A/C Special, which offers 10% OFF all A/C service and repair for the month of August.

But that's not all! Give your car a gift that will make both of you happy as you cruise down the Okinawa roads to the soundtrack of your favorite tunes. Typhoon Motors on Camps Kinser and Foster will also be offering 10% OFF all Kenwood products during their Hot Summer Nights Audio Sale from August 24 to 31.

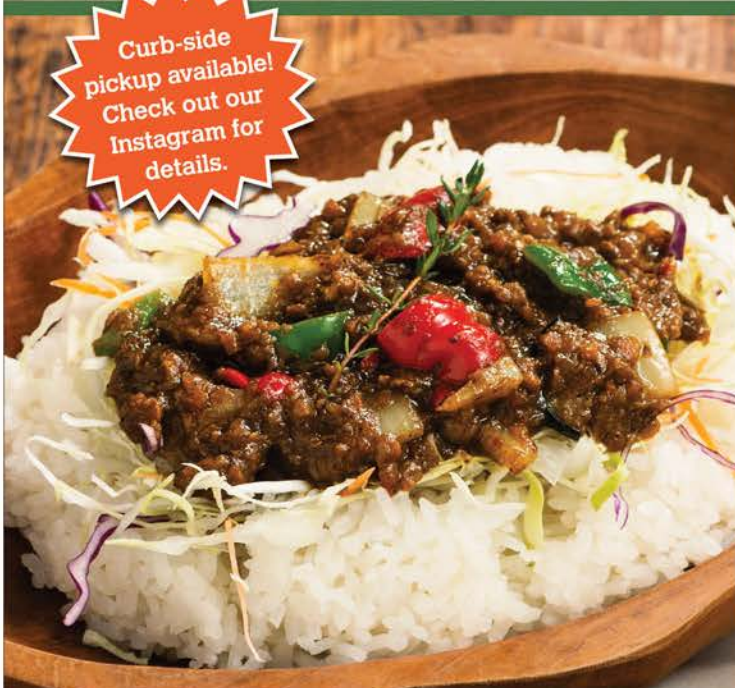
For more information on upcoming sales as well as Typhoon Motors locations, hours of operation and more, visit [www.okinawa.usmc-mccs.org/typhoonmotors](http://www.okinawa.usmc-mccs.org/typhoonmotors). |ol



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OPEN: 5-10:30 P.M.  
LAST ORDER 10 P.M.



# Declare YOUR Independence

## Get Licensed to Drive!

In 2023, MCCS launched a brand-new program tailored towards Marines, Sailors and their family members stationed on Okinawa—the Driver Education Program. This program is geared to aid active-duty personnel and their families with POV licensing needs which includes American Driver and Traffic Safety Education Association (ADTSEA)/AAA certified courses with 39 hours of classroom instruction and six hours of behind-the-wheel instruction for those in need.

First-time driver classes are 45 hours long, open to adults/teens ages 16+ and take place at the Driver Education Office located in Bldg. 5677 on Camp Foster. Students enrolled in the first-time driver's course must score 80% or higher in order to schedule the behind-the-wheel portion of the course. Classes are conducted Monday through Friday from 8 a.m. to 4:30 p.m. for active-duty personnel and 5 to 8 p.m. for teens and adults. Refresher courses are also available for service members.

Students who complete the Driver Education Program will receive their SOFA driver's permit, which can be used throughout Japan (and you can rent a vehicle in mainland Japan with a valid SOFA permit). In-person classes are held on both Camp Foster and Kadena Air Base. Please note that behind-the-wheel instruction is contingent and scheduled based on instructor and student availability.

Prices for the program's course are \$300 for active-duty members, teens and adults. Refresher courses are offered at \$75.

To find necessary registration forms and the full course schedule, visit [www.okinawa.usmc-mccs.org/drivereducation](http://www.okinawa.usmc-mccs.org/drivereducation). For more information, email [driver.education@okinawa.usmc-mccs.org](mailto:driver.education@okinawa.usmc-mccs.org) or call 645-5823. |OL

# Get Certified!

## Discover a Brand-New Underwater World with Tsunami Scuba

Okinawa is a diving mecca. And summer months on the island are perfect for scuba divers to spot sea turtles, tons of fish, coral gardens and many other remarkable creatures that inhabit the subtropical waters off the coast.

Many dive points, each more amazing than the last, are available for divers looking to drift amongst gardens of soft corals off Sunabe Seawall, gaze into the depths of the deepest azure off Maeda Point (and try to see the bottom 30+ meters below), or marvel at the expanses of branch and table corals offshore from Onna Village. Advanced divers can even visit historical landmarks such as the U.S.S. *Emmons* and the *Kouri Maru* (an old wooden

Japanese ferry). At most venues, sea life can be seen in multitudes—eagle rays, clownfish and anemones, turtles, reef sharks and fish in every shape and color imaginable and then some—and we haven't even left the main island of Okinawa to visit surrounding isles such as the Keramas, Miyako Islands and Ishigaki to the south!

Breathtaking glimpses and marvelous adventures await you, so don't miss your chance this summer. Visit your nearest Tsunami Scuba Center to start your underwater journey with a PADI Open Water Diver certification. For more information, visit them online at [www.okinawa.usmc-mccs.org/scuba](http://www.okinawa.usmc-mccs.org/scuba). |OL





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VALID UNTIL 8/31/2025

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.

**BEAT THE HEAT  
IN THE POOL!**



**ADMISSION  
FEE: ¥500  
(AGES 4 AND UP)**

10 a.m. - 5 p.m. (Last entry: 4:30 p.m.)

\*Open daily in July and August

\*In September: Open only on  
weekends and Japanese holidays

**NOTES**

- Please bring your own change of clothes and towel.
- Swimwear is required.
- Free showers available.
- Lockers are not provided.
- Please take care of your belongings.
- Infants must wear swim diapers.

**SUMMER  
ADVENTURE**

**CAPYBARA FOREST**



**10 A.M. - 5 P.M.  
ADMISSION FEE:  
FREE**

This summer, the long-awaited new area finally opens! Watch capybaras basking in the sun or taking lazy naps - their relaxed charm is sure to bring a smile to everyone's face. Come and enjoy a heartwarming encounter with these adorable animals, together with your family and friends.

**LOOK UP!**



**ADMISSION  
FEE: FREE**

Birds soaring just above the audience! Enjoy a fun and fascinating introduction to the wonders of birds as they fly low overhead during the show!

Stick around after the show for a chance to take a commemorative photo!

Weekends & Japanese Holidays Only ① 11 a.m. ② 3 p.m.

\*On weekdays, a bird training show will be held instead.



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SOUTHEAST BOTANICAL GARDENS

✉ info@southeast-botanical.jp

☎ Tel: 098-939-2555

Entrance Fee at the Gate:

Adults: (15+): ¥2,000

Children: (4-14): ¥800

Children Under 3: FREE

Weekends & Japanese holidays

July & August: 7 a.m. - 9 p.m. (Last entry: 8:30 p.m.)

September: 7 a.m. - 6 p.m. (Last entry: 5:30 p.m.)

Weekdays: 9:30 a.m. - 6 p.m.

(Last entry: 5:30 p.m.)

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FACEBOOK MAP

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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  
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Please call us at 098-936-9986 or visit our website [www.zcaiokinawa.org](http://www.zcaiokinawa.org) for additional information or email [info@zcaiokinawa](mailto:info@zcaiokinawa) to set up an appointment.









# EXPLORE

## Okinawa: YOMITAN

*Text By: Swetha Gogue | Photography By: Mia Cox | Layout By: Airi Igarashi*

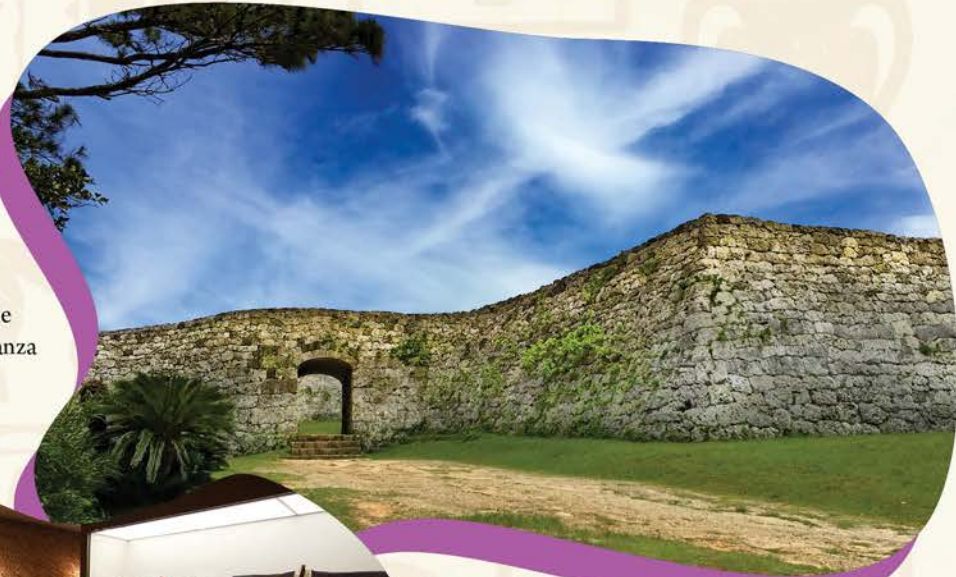
Located in the middle of the island, Yomitan Village is crowned as the most populous of Japan's villages. It's believed to be the birthplace of the *sanshin*, the iconic three-stringed musical instrument, and its fertile soil is perfect for producing vibrant *beni imo* (purple sweet potato). Throughout the peaceful hamlet, historical remnants of the once flourishing Ryukyu Kingdom can be seen along with verdant farmland, bountiful beautiful beaches and picturesque corners that give us a peek into the idyllic slow island life.



# Historical Spots:

## 📍 ZAKIMI CASTLE & YUNTANZA MUSEUM

Built during the 15th century, the ruins of Zakimi Castle were designated as a UNESCO World Heritage Site in 2000. Standing atop a 125-meter hill, the *gusuku* (castle) was used as a stronghold to watch over northern Okinawa during the Sanzan era, when civil war embroiled the island in turmoil. Here, you can experience brilliant stonework from the Ryukyu Kingdom as well as scenic views of the East China Sea, with the Kerama Islands peaking in the horizon. On the premises, make sure to visit the Yuntanza Museum to see displays on folkcrafts, history, a scale model of the castle walls as well as special exhibitions on archaeology, nature, the Battle of Okinawa and the local community of Yomitan.



# Parks:

## 📍 SERRA FOREST PARK

Revel in the tranquil scenery of the village at Serra Forest Park, where the beauty of the azure waters in the distance is a treasure to behold as the kids play in one of the three playground structures, swings, calisthenics equipment or even run wild and free in the grass. The sprawling park also holds several covered pavilions, a restroom on site and perfectly shaded spots to set a blanket and enjoy time with one another. For a leisurely stroll, a paved walking path is also available.







## Café: **BANTACAFE BY HOSHINO RESORTS**

Situated on the hill above a cove, BANTACAFE by Hoshino Resorts offers a dramatic panorama that completely surrounds guests in the rich Okinawan atmosphere and native botanical life, offering views of the open blue sky above and the clear sparkling emerald ocean below. Delight in the natural environment while sipping on one of their refreshing beverages or a light meal at one of their four seating areas—Oyane Deck, Seaside Terrace, Rocky Terrace and Gorogoro Lounge. From strikingly bold rock formations to the soothing sounds of the sea, each area has its own unique feature that will charm you with a sense of calmness.



PHOTO BY: MAI COX



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**Run Design  
OKINAWA**

## MINIS for Summer

### Mini BREAST ENHANCEMENT



With FILLERS!

※ Fuller breast instantly!

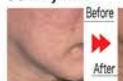
### OZEMPIC / MOUNJARO



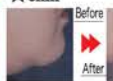
For weight loss  
Most effective diet remedy ever!  
Ozempic or MOUNJARO  
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### Mini-Lipo

★ for jowls



★ chin



★ etc.  
Minor  
saggy parts  
are treatable  
with mini-lipo

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Allergan Botox & Dysport available!



For wrinkles, lips, & contouring

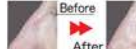
The latest  
Teosyal or  
the original  
Restylane

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Suture Eye Lift



Filler Nose Lift



※ For your perfect 1st impression!!

### PicoSure the latest laser tech

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loose skin & acne scars...



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### PDO Mono Thread + N-COG Lift



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threads!!

### TATTOO REMOVAL



with PicoSure,  
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★ Free Consultation

Appointment  
Required

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Closed : Wed. & Sundays  
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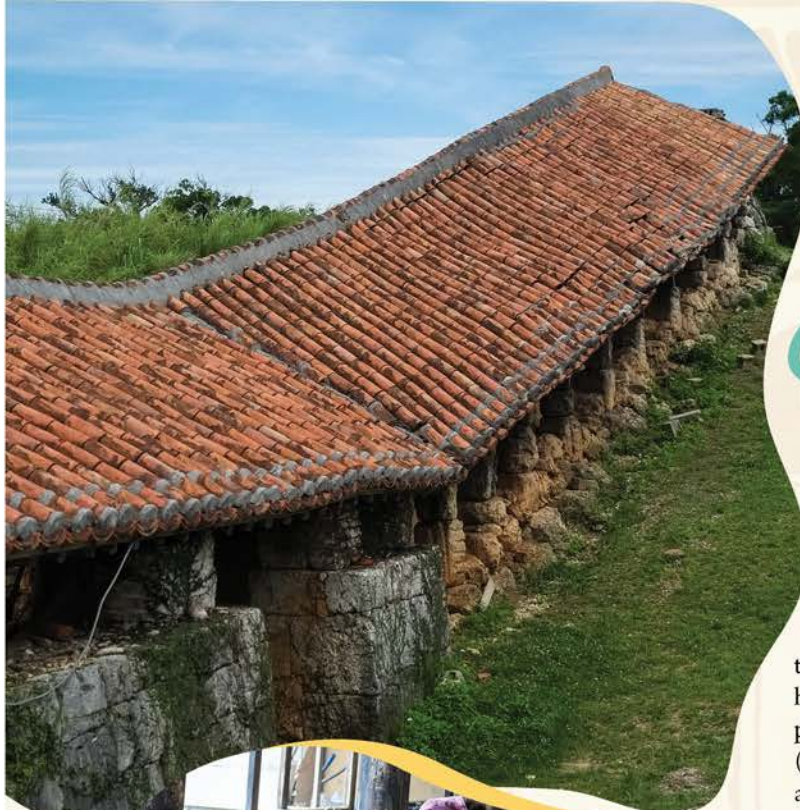
<http://www.miyagi-clinic.info>  
E-mail [info@miyagi-clinic.info](mailto:info@miyagi-clinic.info)

★ Turn left at the second light following Tomari Port.



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





## Shopping: YACHIMUN NO SATO

Experience the echoes of the past as you wander down quaint avenues lined with old-fashioned homes topped with *kawara* (red roof tiles) and up peacefully quiet pathways leading to shops selling beautifully handcrafted pottery. Dating back over 400 years, *yachimun* (pottery) has been a staple of daily life for the Ryukyu people—from guarding homes with earthenware *shīsā* to serving meals on whimsically painted dishes. Yachimun designs are intrinsic to the island's culture, taking inspiration from colors, wildlife and time-honored traditions. Yachimun no Sato, which translates to “village of pottery,” is a mecca for local ceramics where you can visit a *noborigama* (climbing kiln) as well as admire and purchase pieces from over 15 artisans. And if you're lucky, you may just catch a glimpse of master potters at work while they craft their clay masterpieces.



## Grocery Shopping: YUNTA ICHIBA (JA YOMITAN FARMERS MARKET)

Support Yomitan by shopping at the community co-op where you'll find fresh vegetables, fruits, meats, flowers, grains, bento lunches, homemade treats and much, much more. Here, every purchase helps local farmers and businesses while providing you with more nutritional value as you nourish your body with produce cultivated with love from the village. One thing that makes Yunta Ichiba extra special is that this is the only farmers market in the prefecture that has an agricultural product processing facility. For a taste of Yomitan, make sure to purchase the regional fruits and vegetables such as *beni imo*, carrots, *tougan* (wax gourds), mangos or papayas.







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






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**MAP**





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 Sign up today and get 500 points on your first purchase!  
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APPLE

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AEON MALL Okinawa Rycom is one of the  
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 one major grocery and lifestyle store and more  
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 AEON MALL Okinawa Rycom



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

\*All prices include tax.





## Culture: MURASAKI MURA

In the early 90s, Nihon Housou Kyokyu (NHK, the local equivalent to PBS) produced a miniseries called *Ryukyu no Kaze* on the history of the Ryukyu people shot at a meticulously designed set mimicking traditional Ryukyu architecture. Desiring to preserve the site after production was over, the villagers of Yomitan decided to open the set to the public in 1999, renaming it Murasaki Mura. This historical theme park recreated a 15th century Ryukyu Kingdom townscape where visitors can walk down cobblestone roads and participate in 32 workshops ranging from glass blowing and flower weaving to *bingata*, karate, souvenir making and more. The grounds are also home to enchanting seasonal lantern festivals displaying over 3,000 lit-up creations every year in the wintertime. For folks who love all things spooky and supernatural, the property turns ghostly in the summertime decorated with *yokai* (ghosts and demons) inspired lanterns.



## Experiences & Activities: GALA AOIUMI & SEA SEED CORAL GARDEN

An expansive facility located near Murasaki Mura, Gala Aoiumi is where visitors can experience the process of distilling seawater to turn into salt as well as a plethora of Okinawan arts and crafts, such as pottery making and glass blowing. Folks can also take a relaxing horseback ride or dive into a thrilling underwater excursion. Travel a little farther below the main facility and pay a visit to the Sea Seed Coral Garden along the beach. Marvel at the lively coral farm where colorful fish swim through crystal-clear waters; the growing corals are later transplanted into the ocean to help spawn new life, as corals are being decimated by climate change. As of 2020, over 150,000 coral plants have been planted from their facility into the ocean. Before heading out, take a walk around the Mie Castle Ruins, another recreation for the aforementioned NHK miniseries.







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Rice Bowls using the freshest seafood direct from Hokkaido.



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**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.)

 Both cash and credit cards are accepted at both locations.

SONDA LOCATION | MOTOBU LOCATION | SCAN FOR OUR MENU ITEMS

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See results in 30 days

### Weekly Self-Injectable Weight-Loss Medicine




 Your Beauty & Anti-Aging Concierge  
**BLAZE CLINIC**

Web | Map





## Scenic Spot: 📍 ZANPA MISAKI

Easily one of the most iconic coastal points on Okinawa, Zanpa Misaki (Cape Zanpa) harbors rugged cliff lines dotted with fishermen and one of the most photographed lighthouses on the island. Inside the Cape Zanpa Lighthouse awaits a stairwell that leads 31 meters above ground—99 steps to be exact—and after climbing to the top, your eyes will be rewarded with sweeping views of the East China Sea and its majestic deep-blue waters. With the support of the Nippon Foundation and the cooperation of Yomitan Village, an exhibition room was made possible explaining the history of lighthouses, their origin and even scaled-down models for the public to enjoy. In proximity to the cape, wander around to discover trails, playgrounds, a giant shīsā, a beach with an obstacle course, a glamping site, a souvenir shop and much more.

Exploring brings forth new experiences. With only so much time at your home-away-from-home, it's worth your time to learn more about the people, the history, the culture and the long-lasting traditions that make this island so special. So, what are you waiting for? Go meander around Yomitan because you may just find your new favorite spot to soak up some sunrays or learn a thing or two about the seafaring village. **101**





# YOUTH WATER 2025 POLO CAMP

**AUGUST 12-15**

**8-10:30 A.M.**  
KINSER AQUATIC CENTER

**MCACS**  
SEMPER FIT



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Join us for a **FREE** movie showing  
with complimentary popcorn  
and drinks (while supplies last).



**MCACS**  
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# MCCS EDUCATION CENTER

## Open House

AUGUST 6



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



FIND THE HIDDEN SCHOOL SUPPLIES



## MATCH GAME

Match the digital time with the clock face

8:05

3:00

2:15

11:20

9:48

12:00



## MAZE

$$2+2=$$



Help Terry the turtle get back to school.



# Bulgogi (BBQ Grilled Beef)

Serves four

## Ingredients

2 lbs. bone-in beef short ribs, sliced  
 1/4 cup yellow onion, thinly sliced  
 1/2 cup red onion, thinly sliced  
 1/2 cup green peppers, sliced into strips  
 1/4 cup bean sprouts  
 2 Tbsp. garlic, minced  
 3 Tbsp. ginger root, minced  
 1 Tbsp. brown sugar  
 1/4 cup soy sauce  
 2 Tbsp. peanut oil  
 1 Tbsp. sesame oil  
 1 cup burgundy wine  
 2 Tbsp. sesame seeds  
 Flour



## Method of Preparation

1. Place ribs in a plastic storage container and set aside.
2. In a large bowl, combine all ingredients, except for sesame seeds and flour, mix well.
3. Pour sauce over beef slices and rub the seasoning into the meat with your hands.
4. Cover and chill for several hours or overnight.
5. Remove meat from marinade. Set marinade aside.
6. Grill or broil beef over medium-high heat, turning once during cooking (about 2-3 minutes for each side).
7. Sprinkle sesame seeds over cooked beef.
8. In a separate saucepan, bring leftover marinade to a boil. Add a little flour; whisk until consistency is smooth and slightly thickened. Ladle sauce over meat and serve with white rice.

## The “Other” Summer Icons

With summer in full swing on the island, you’ve probably already run into one or both of these two perennial summer evening Okinawan icons—the *yārū* and the *tōbira* (their *Uchināguchi* names). And while we’re not talking about giant bats or slithering reptiles, the level of trepidation (and for some, sheer terror) these two island residents can generate is on the same level.

While the name may sound endearing, the *tōbira* is everything but—namely because we’re talking about the large, disgusting and almost indestructible Okinawan cockroach. Hardened veterans of the *tōbira* wars often swap stories of their epic battles with specimens “the size of Rodan” (the flying monster from the Godzilla movies) and lament that defeating them is a near impossible task.

Although this point may be argued by some, *yārū*, or house geckoes, are the far more agreeable member of this iconic pair (except for their disturbing habit of falling from the top of door sills almost surgically onto the back of your neck). The gecko’s name in the Japanese language, *yamori*, translates into “protector of the home,” and it is possible that this moniker stems from the tiny creature’s habit of controlling household pests...such as smaller versions of the aforementioned roaches. **lol**



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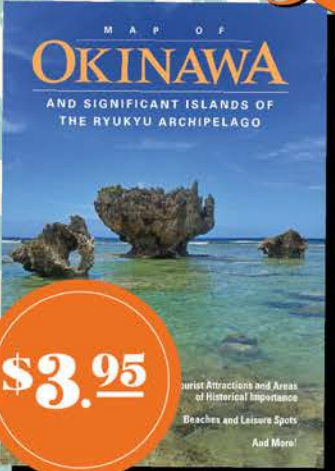
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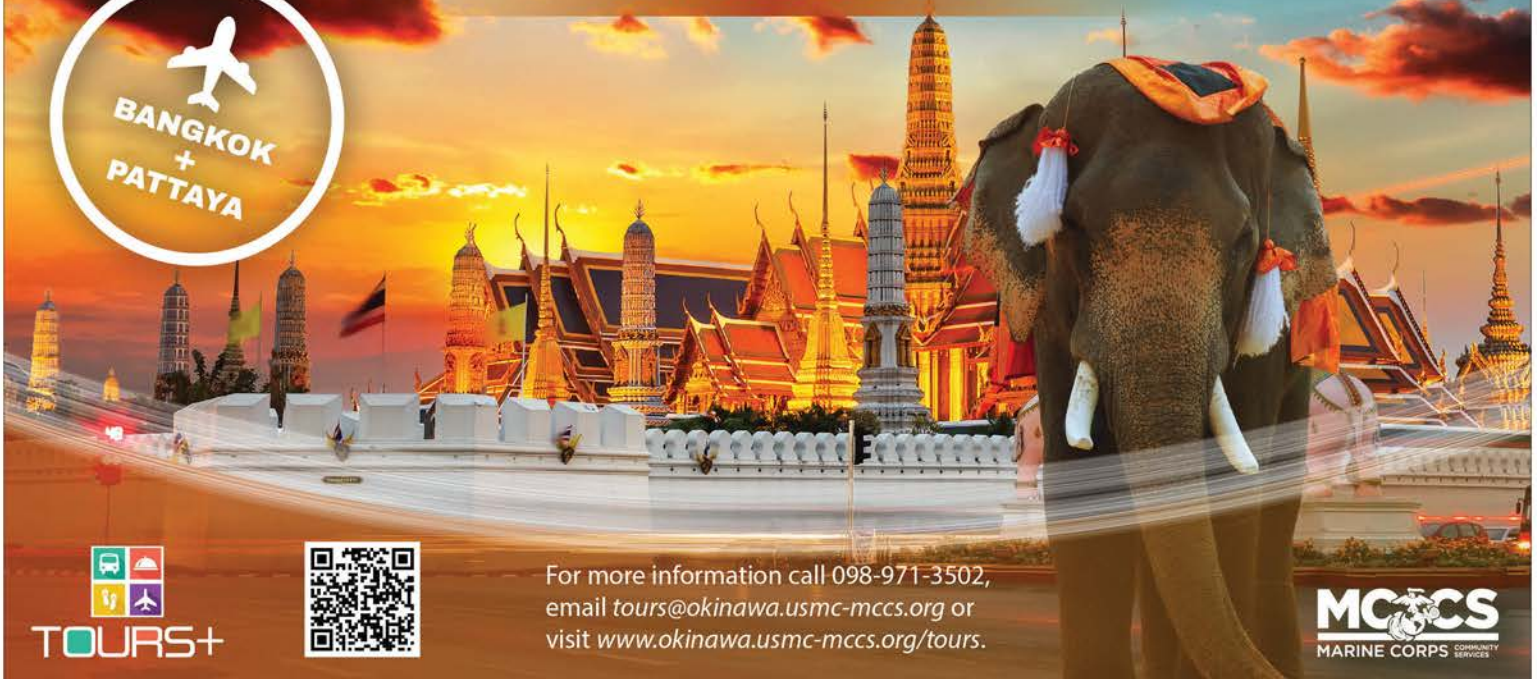


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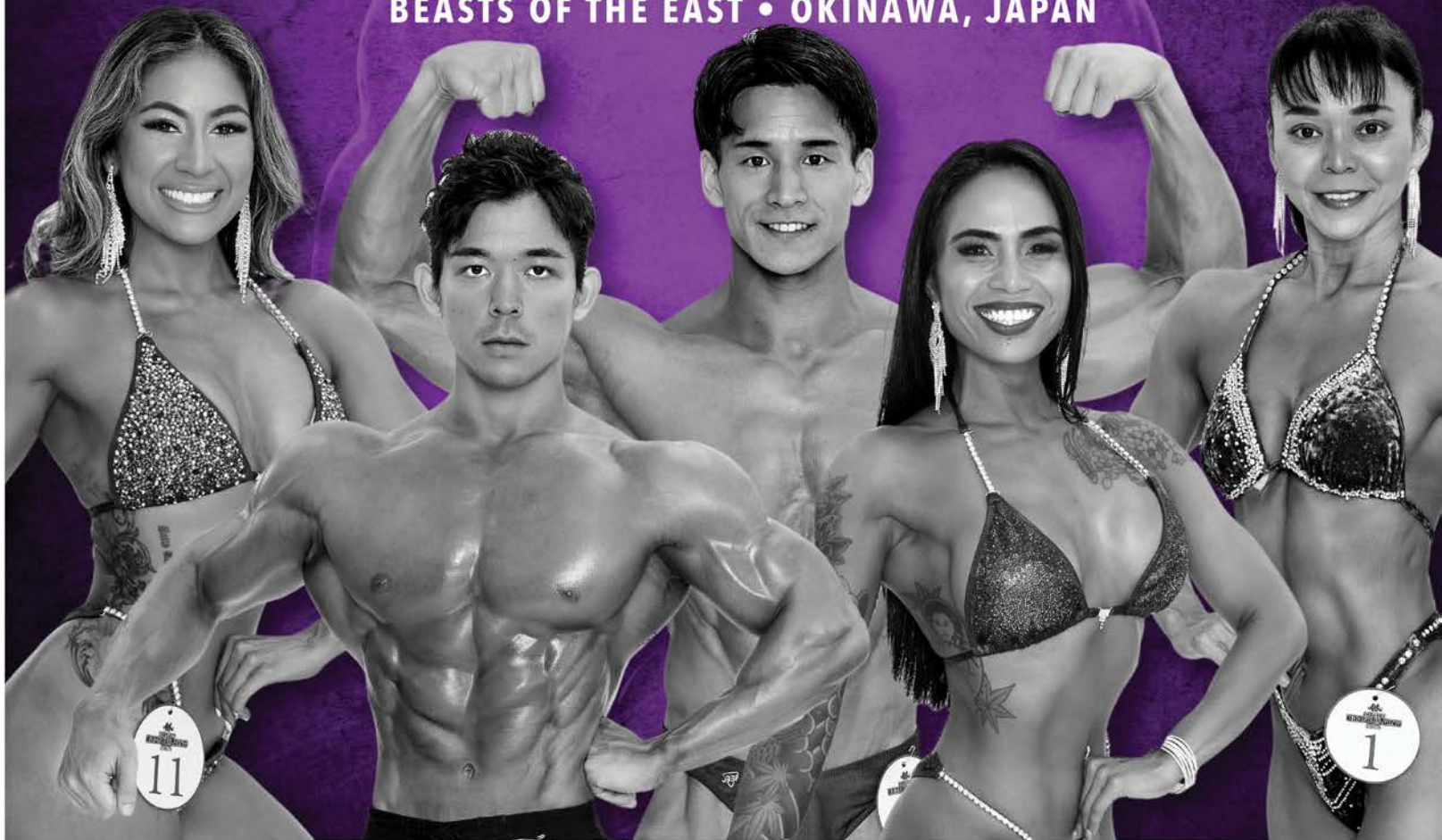






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