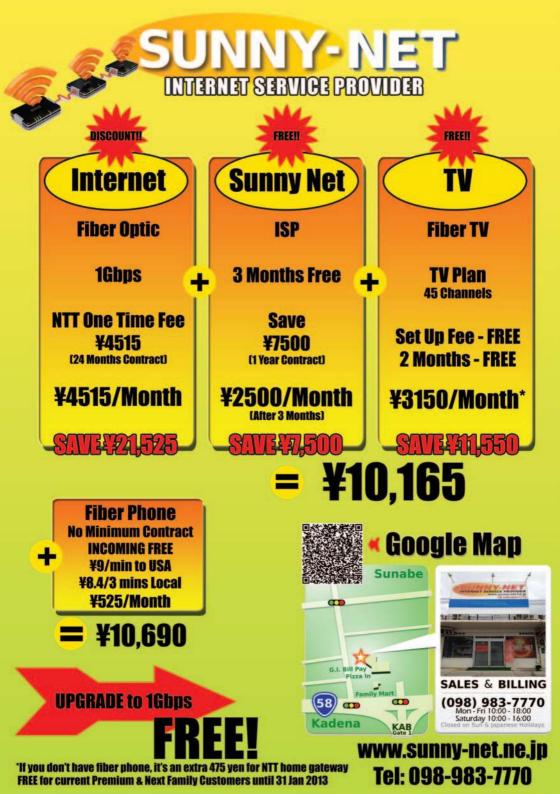


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HOLING CONSCIENCE

April & May 2013





SHOP **'TIL YOU DROP** The Shopping Issue

totalokinawa CONTENTS **APRIL & MAY** 2013

Issue 15



f you're feeling the need for some retail therapy, we've got a special this month on some great places to shop in Okinawa. We've also included restaurant reviews from Marco Polo and Pizza In The Sky. Additionally we're featuring a review of Life Relaxation Salon. There's also our regular dive report and issue of Weird & Wonderful.

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As usual you can also view the magazine online at: www.totalokinawa.com



Need a QR reader? Check out our magazine page on Totalokinawa.com

10 feature SHOP 'TIL YOU DROP

Marco Polo
Dive Report
Weird & Wonderful
Shop 'Til You Drop
Pizza In The Sky
Life Relaxation Salon



SHOP TIL YOU DROP

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by Melissa Nazario

Marco Polo

Marco Polo bakery and café in Awase is a great place to people watch, and get your bread fix at the same time.



Open for breakfast, lunch, and dinner, the café of 28 tables plus an outdoor patio provides a spacious atmosphere to watch the bustle of the bakery, and to smell the chocolate desserts and fresh bread being pulled out of the stone oven. Breakfast is served from 8 am to 11:30, with options for sandwiches, French toast, and even soup. The lunch menu includes a new selection of four different pastas, a soup of the day, plus sandwiches, burgers (¥750— ¥830), pizzas (¥1500), and a calzone(¥1200).

The 15 cm pizzas and 30 cm calzone each take about 20 minutes to cook. The generous portion of fresh creamy broccoli soup was perfect for the drizzly day, served with a scone and side of strawberry jam, though a basket of fresh bread was also an option. We did enjoy a basket of bread that came with sausage and vegetable pasta in tomato sauce, but the pasta dish, which included hot dogs for the sausages, was a bit disappointing—we expected more of an Italian sausage.

Juice, coffee, and sodas are also available (¥200), as well as draft beer (¥350) and wine by the bottle (¥1200). The caramel cappuccino (¥350) was medium-bodied, slightly sweet, not bitter at all. We'd like to try the latté (¥220) next time.

The established bakery is Marco Polo's gem, and attracts so many customers that a yellow line is taped around the checkout counter for when there's a flood of customers. The bakery offers a smorgasbord of tempting cakes, donuts, loaves of bread, and desserts, and even soups to go. The café's lunch menu can also be ordered to go, and we hear that late at night, many of the bakery items are offered at a discount, to make room for the next day's batch of goodies.



more photos : www.totalokinawa.com



Totalokinawa Magazine April 2013

Dive Update

Spring Diving - Coming Soon!

S pring is just around the corner and the dive season is about to really get rolling. Time to shake the dust off your dive gear and get wet. A quick equipment check before getting in is required.

- 1. Inflate your BC, make sure it holds air and the inflator is not sticking.
- 2. Check mask and fin straps for wear and replace if necessary.
- 3. Ensure tanks have a current hydro and visual inspection.
- 4. Inspect regulators for wear on mouthpieces and hoses. Ensure that regulators are not free flowing and breathing smoothly. Check second stages to be sure they are free of any debris or dust.
- 5. If there are any doubts about the functionality of your gear bring it in for professional servicing.

After checking your gear, it's time to ensure that your dive skills are up to par with a few



to

easy dives off the beach. Alternatively, take advantage of the free refresher offered with all boat dives during the month of April and May on Reef Encounters dives to the Keramas and surrounding dive sites. If you are an experienced diver and looking to make diving more than a hobby, professional level courses are being offered this month for divemaster and instructor, contact Reef

Encounters for details. Instructor courses are open to all agency divemasters and have very flexible schedules, so your busy work or military schedule will not conflict with your training. Come make some extra money this summer teaching others to do what you love to do.

Reef Encounters will also be offering up adventure dives starting at the end of April for those experienced divers looking for something different. We will be exploring the sea mounts south of the Keramas hunting for large pelagics and drifting the channels of the Keramas looking for sharks. We will also be looking for members of the Okinawa wreck divers team which will be working on locating and mapping the wrecks of the USS Longshaw, LST 447, the Midori Maru and others around Okinawa. Many of these dives will require advanced and technical certifications, classes are being offered now to qualify you to join these expeditions.

Contact us now to schedule your course or trip at info@reefencounters.org! www.reefencounters.org 098-995-9414





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Exchange New Car Sales (www.encs.com) is currently looking for professional sales agents who would like to work in Mainland Japan, Okinawa or Korea. We offer training pay and guaranteed income for the first year at a minimum of \$33,000. Potential Commissions are unlimited. Paid travel expense/ reimbursement, medical insurance and other benefits are available. We have a world class training program so no sales experience is necessary but is always helpful. This position is located on U.S. Military installations so applicants must be able to pass a 10 year background check for a security clearance.

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Weird and Won<mark>derful Japan</mark>

Dreamliners still out of action

* As Japanese airlines were some of the first customers for delivery of the 787, in particular ANA, the grounding of the Dreamliner is having a particularly heavy effect in Japan. ANA has cancelled over 3600 flights through to the end of May. ANA is now operating under the assumption that the 787 will not fly until at least the beginning of June. Hopefully that's not too optimistic.

Strange death in Okinawa

* On March 12, an elderly resident was discovered lying on the ground with blood pouring from his neck in the Nishihara area of Okinawa.

What's strange is that some kind of power saw was close to the scene along with fishing equipment. Police are trying to work out whether it was foul play or a sad accident where he lost control of the saw and severed his own neck.

Japan gives Canada \$1 Million

* Just after the anniversary of the March 11 tsunami, the Japanese government has given \$1 million to Canada to aid in the clean up of tsunami debris washed up along the Canadian coast.



Anniversary of Iwo Jima Battle

* The 68th anniversary of the battle for Iwo Jima was marked on March 13 in a joint memorial service with America and Japan. The battle claimed 6821 American and 21,570 Japanese lives. The island, now called loto in Japanese is now uninhabited apart from a small Japanese military outpost.

10 yen coin stops bullet train

* A bullet train scheduled to depart from Tokyo was delayed and then replaced when a conductor dropped a 10 yen coin into the accelerator lever housing. The 1,100 passengers were asked to disembark as the coin couldn't be retrieved. A very expensive problem caused by a very small coin!



A Disabled American Veteran Do you enjoy shopping, like to keep up with the latest We've got three shopping centers in Naha for y



Ashibanaa Outlet Mall, just off the airport expressway exit toward Senaga island, is an outdoor Americanstyle shopping center with more than 70 internationally famous brands, like Michael Kors, Ocean Pacific, Levi Strauss, and Coach.

While some claim that the merchandise is discounted by 30%

or more, you really have to look for bargains (Levi's was expensive), and the best deals we found were at The Gap



http://tiny.cc/ashibinaa

and some of the clearance sections in Adidas.



Kids will love the displays and play area at the Sylvanian Families store. Go for a bit more selection and sizing than you'd find elsewhere on island. Hours: 10 am – 8 pm

f you're leaving the country and have cash to burn (or just want to window shop), be sure to check out DFS Galleria on 330 in Naha.



This upscale shopping plaza features designers like Armani, Prada, Gucci, and Louis Vuitton, plus a whole wing dedicated to fragrance and cosmetics like Mac and Kiehl. DFS's boutiques have the latest trends in fashion, an amazing atmosphere, and even a bar and eatery. fashion trends, or just prefer to try on before you buy? ou to check out and get your "retail therapy" fix.

You can only purchase there if you're leaving the country soon,

though. Bring your flight itinerary and passport and pay at the Galleria. Then on the day of your flight, take your



receipt and pick up your loot at the DFS



counter in Naha Airport's international terminal after check in and security. **Hours: 9am - 9pm**

http://tiny.cc/dfsokinawa

ust a block down from DFS Galleria is Naha Main Place, a more

J mid-level shopping center akin to San A, and open really late. In addition to shoes and clothing shops, there are stores for eyeglasses, Japanese beauty products, socks, kids clothes, fabric and craft supplies, luggage, plus a grocery store, French bakery, flower shop, and even a Sanrio store, for Hello Kitty lovers.





Hours: 9:00 am to 12:00 am







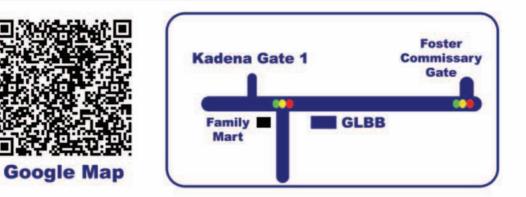
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Restaurant Review

Kajinho (Pizza in the Sky)

If you happen to be up North in the Motobu or Nago area, you've got to check out Pizza in the Sky at least once. While the pizza and limited menu draw mixed reviews from the public, one thing cannot be denied: its hilltop location offers lovely views of the Okinawan landscape and East China Sea.

There's a fair amount of tables both indoor and outdoor, but the place was so popular on the Saturday we went, that we did have to wait a good while on one of their benches overlooking the Okinawa vista.



by Melissa Nazario

Once seated, our server presented us with the menus, which were paper fans listing a menu item in each fold—Japanese on one side, and English on the other.

People seem to be very opinionated about the pizza. The crust is slightly thick, with a little bit of chew to it, and there's lots of gooey cheese on top, which we liked, but others didn't care for, due to the flavor or the amount. A small, 7 inch pizza (¥1100) and a medium, 16 inch pizza (¥2100) are available. Toppings include pepperoni, bacon, onion, corn, and green pep-



per, and the price doesn't change based on the number of toppings you order.

Aside from pizza, we enjoyed the house salad (¥500), a good sized bowl of lettuce, red onions, shredded carrot, cucumbers, and corn in a light, tangy vinaigrette. One bowl was enough for two or three people. Several freshly squeezed juices (¥400), including orange and guava, are also offered, and are quite refreshing, but seem a little steep in price for the half glass offered, so keep that in mind. For dessert, we all shared chunks of mango in a sweet syrup (¥500). Some of the

chunks were still frozen in the middle, which were a little too chilly for when we went, but would be refreshing on a summer day.

Open from 12:00 - 19:00 (Last Order 18:30). Closed Tuesday & Wednesday

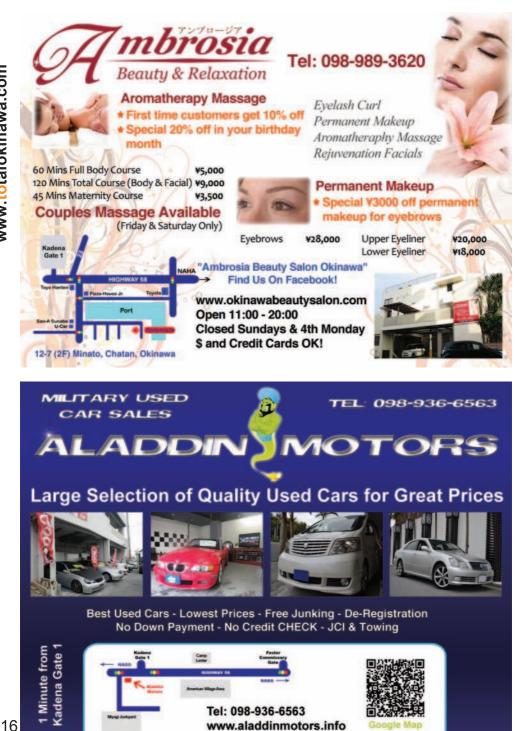








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Beauty Review

Life Relaxation Salon

The hustle and bustle of our often jam packed schedules makes it easy to forget that we need to take time to relax and recharge.



Vacations are great, if you have the budget and enough time to get away. Usually, though, just a little self-care will do the trick and there are lots of spas and salons here in Okinawa offering the perfect little getaway to relieve stress and rejuvenate. Life Relaxation Salon in Sunabe is one shining example, providing a range of services, including body massage, facials, and even IPL permanent hair removal. There

to

are differently priced beauty courses to accommodate different budgets and schedules, and like any good spa, they do consultations before starting to recommend services that best suit your needs and skin type.

We recommend trying one of Life's Ryukyu facial packages, which last from 30 to 80 minutes, and adding on one of three masks (which take and extra 20 minutes or s0), tailored to oily/acne prone, combination, or dry skin. The cold CO2 mask is their most popular and good for combo skin; it causes blood vessels to supply more oxygen to skin cells and boosts cell regeneration. The results? Tighter pores and noticeably smoother, softer skin. A heads up: things like the facial steamer (which made it a little difficult to breathe), the little suction device to clear pores, and plastic wrap placed over the eyes and mouth during the mask treatment may take a little getting used to, but the outcome, including the refreshed feeling afterward, is absolutely worth it.

By appointment only Hours: 10:00 am — 7:00 pm Website: www.lifeokinawa.com

278 Sunabe, Chatan-Cho





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more photos : www.totalokinawa.com

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