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ADULT EDUCATION
IN OKINAWA







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BACK TO SCHOOL... **ADULT EDUCATION** in Okinawa

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OCTOBER & NOVEMBER 2014

Issue 24



ow that the kids are going back to school, how about doing the same yourself and starting some adult education? We've rounded up the top on island choices for further learning as well as some great distance and specialized learning

options. We also have a review of The Scarpetters meatball restaurant in Sunabe and Key's Cafe in Chatan. Plus, don't miss our Total You article, the latest dive report from Reef Encounters and Weird & Wonderful. You can view the magazine online at:

www.totalokinawa.com



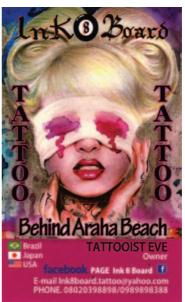
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Restaurant Review

The Scarpetters

Sunny with a definite chance of meatballs!



We love new eating experiences and products in Okinawa - you can only have so much ramen, so we were pleased to see a meatball restaurant right next to the seawall. The restaurant actually incorporates a second location for Cactus Eatrip bagels which we've reviewed before, as well as a rotisserie chicken business and Scarpetters meatballs. Depending what you're craving

you can get your fix of three different foods in one location!

The meatball menu is quite simple and you choose from several options and sizes to make your perfect meal. To start choose from one of three sets; there's a vegetarian option, the mini set which comes with 2 meatballs and one side or the regular set which has 4 meatballs and two sides. Next you get to choose your meatballs with choices of beef, pork, chicken or the day's special but unfortunately you can't mix and match. Then there's choices of sauce from the always popular tomato to original gravy and if you're feeling adventurous "lemon

butter curry cream"! For the sides the choices include mashed potatoes, tagliatelle, cheese risotto and a variety of fresh

vegetables options.

We chose the regular set with beef meatballs, cheese risotto and steamed veggies. The price is a little higher than we'd expect for lunch around Okinawa at 1500 yen, when most other options are sub 1000 yen so we had high expectations.

The food is cooked to order which is a good sign and the wait was around 10 minutes. The dish was well presented and it was obvious the vegetables were fresh.

So what about the star of the show, the meatballs? They were fresh and juicy but for us they maybe could have done with a bit more zing. Maybe a little more seasoning, or some cheese in the mixture to give them a bit more flavor. They were tasty but maybe mixing some pork with the beef may give a more edgy flavor. The tomato sauce was good but we'd have liked more cheese on top and the risotto had a nice creamy consistency and did taste of cheese. Overall it's a good looking restaurant choice in Sunabe with some interesting meal choices,

with a little bit more zing to the meatballs it would be perfect!



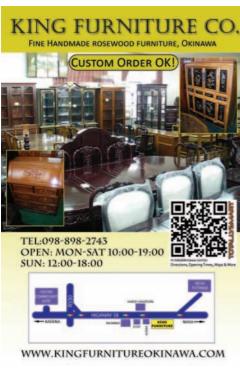
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Seawall, Chatan

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Dive Update

Perfect Diving Time!

With the summer season coming to a close and we enter the cooler temperatures of autumn, the diving on Okinawa justs gets better! As the tourist crowds of summer head back to their cubicles in Tokyo and northern Japan we can continue to enjoy the tropical paradise we live in, here in Okinawa. Water temperatures will stay quite warm up through December in Okinawa and a thin suit may be all you need to extend your diving season a few more months. The fall season also is time to start planning for those off island trips and big animal encounters seen in the winter in Okinawa.

Reef Encounters will be planning a plethora of diving trips this year to explore the waters of southern Japan and beyond. We will be traveling to Ishigaki to see mantas, heading out to explore the waters of Kume for a quick weekend getaway and of course taking reservations for the January and February trips to Yonaguni. These trips fill up fast so contact us soon or get your group of 6 divers together and set up custom dates for you. Reef Encounters is the only diving service offering English speaking guides to the sometimes hazardous waters of Yonaguni and our expert guides have negotiated for extended bottom times for our divers so they can enjoy the sharks and ruins longer.

Reef Encounters will also be offering trips this year for the truly adventurous divers to explore some other amazing sites in Asia. Trips to Chuuk Lagoon, where numerous ships of the Japanese World War II fleet were sunk, are in the works and also trips to the Philippines to see thresher sharks and there are many more to come. We will also be offering a trip to Zanzibar and Pemba in Tanzania to explore some truly unique and amazing diving this December.

While we are traveling and diving, we are also offering our full range of classes and boat tours on Okinawa and the Keramas islands with daily boats still running. As the weather cools it's a great time to take a class to improve your dive skill and get ready for that big trip. Classes in drift diving for Yonaguni, or wreck diving for Chuuk are all offered as tune ups for these trips. Nitrox class is also a good one to have to extend bottom times or as an intro to more advanced diving.

If you have particular issues with your diving, such as using your air too quickly or poor buoyancy control then a class to specifically address these issues with a dive pro is a great idea. A key point here though is that good buoyancy control should have been taught to you in your basic class so if that is the problem changing instructors may be in order. The most important thing is to meet with your instructor before committing to the course and ensure that your particular problems and training goals will be addressed. Custom classes and training schedules can be arranged with the dive pros at Reef Encounters to suit any schedule or diving goal. Whether your diving goals include being an instructor, exploring the deep wrecks on decompression dives, or just getting more comfortable on your reef dives at Sunabe seawall the pros at Reef Encounters can develop a training plan and class to meet your needs.

Remember you learn to dive by diving so getting out and enjoying the ocean is the most important part of your development as a diver. The more you dive the more you will enjoy it!!

www.reefencounters.org

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Directions, Hours, Telephone









BACK TO SCHOOL... ADULT EDUCATION IN OKINAWA

If you're finding yourself with some time on your hands in Okinawa having done all the tourist attractions, why not spend some time exercising your brain with some adult education.

Just because you're in Okinawa it doesn't mean your options are limited.

We've rounded up the main state side universities that offer courses in Okinawa as well as some specialized IT training options and choices for distance learning that you can study no matter where you are in the world.

No more excuses! Start learning today!



UMUC Asia

With University of Maryland University College Asia (UMUC), earning a degree from a respected, accredited state university is accessible – any time, any place. No matter where you are stationed on island, on-site and online classes are at your fingertips. As a 4-year higher educational



institution, they offer the most classes available to you on-site Okinawa-wide, allowing you a more traditional college experience. UMUC has repeatedly been recognized for innovative educational programs and military-friendly structure. They have a wide variety of academic programs to help reach your career goals. Office are available across the island, for site location information, visit www.asia.umuc.edu/sites.

UMUC Asia also exclusively provides the Bridge program for non-native English speakers and is designed to improve Academic English for students who wish to achieve a higher level of proficiency. If interested, please contact their Program Coordinator: bridgeprogram-asia@umuc.edu

University of Phoenix

Active duty service members and their families do not have to put their education goals on hold even

if stationed overseas. University of Phoenix provides an access to education to active duty service members, their spouses and veterans to help them balance frequent deployments, relocations and training schedules while fulfilling their military responsibilities.

Military students can access classes online or on-campus at several locations throughout Asia Pacific giving students an opportunity to choose the learning environment that is most conducive to their educational success. Additionally, active duty spouses and their dependents can enroll in select University of Phoenix degree programs and attend classes on-campus at Kadena Air Force Base.

More information on University of Phoenix education offerings for military students can be found at www.phoenix.edu/military.

Online Learning

With the growth of the internet and MOOCs (Massive Open Online Courses) there's no excuse not to start your studying no matter where you are in the



world. Depending on your area of interest there are many choices but below are some of the most popular and useful websites where you can start your study today:

- MOOC List

Aggregator of MOOCs from different providers. http://www.mooc-list.com/

- Coursera

With 748 courses from 110 different providers, there's going to be something you want to study! https://www.coursera.org/

- Brainbench

If you've got the knowledge already and want to get certified then Brainbench offer 600 tests with certificates to prove your knowledge. http://www.brainbench.com/

Finally another couple of great choices for web development are www. learnable.com and for 18,000 courses on many topics www.udemy.com

IT & Distance

If you need to get IT certifications then there's a local option which means you don't have to go back to the states to do them. Spearpoint offer training solutions across Okinawa with options such as Certified Ethical Hacker, ITIL and Project Management Pro coming up (www.spearpt.com)

Finally, if you want to follow a more formal course of learning then a distance degree may be right for you. The key here is to enroll with a reputable university that offers the course you want. In recent years, many colleges have sprung up offering degrees that aren't worth the paper they're written on.

Do your research for a long established university with a good track record and as it's distance based you don't need to stick only to US universities. The University of London offers a comprehensive distance program at a cost far lower than most US universities for a top class degree (http://www.londoninternational.ac.uk)











Weird and Wonderful Japan

Damn Dengue

The number of people suffering from Dengue fever has reached over 100 in Japan with surprisingly the latest cases originating from the center of Tokyo in Yoyogi park.

Oops...

In a security breach, someone released details of Prime Minister's Abe flight plans which were visible on Flightradar 24 and trackable in real time. It's unknown how long the two planes that carry the Prime Minister had been trackable online.

Fugu fuss

There are strict rules on preparing the



poisonous fugu fish, requiring a certified chef to prepare it. It's therefore a bit of a mystery how traces of the highly poisonous fish ended up in a packet

of seasoning bought from a supermarket in Oita prefecture.

Man with 16 babies

A Japanese man named Mitsutoki Shigeta has fathered a total of 16 babies with multiple surrogate women in Thailand. Shigeta is being investigated by Thailand for human trafficking and child exploitation yet so far they've found no evidence of either with Shigeta commenting that he just wanted a large family. He's not yet been charged and is trying to get his children back. He left Thailand after police raided his home and found 9 babies living with 9 nannies!

Spreading Ice

The ice bucket craze in support of the ALS association has unfortunately spread to Japan as anyone knows who's been anywhere near social media recently. The ALS association said they'd raised more than 27 million yen in donations in the last two weeks of August alone.

Round and Round

Of all the great things England exports, roundabouts could well be the last on the list. In September this year, Japan introduced roundabouts at 15 locations in Japan causing a fair amount of confusion. To help road users with how to use them the local cities put up signs instructing drivers to drive clockwise only!

More Phone Time

Catching up to earlier decisions by the United States and European Union, Japan relaxed the ban on mobile devices during take off and landing to allow use of smartphone and tablets throughout all phases of the flight as long as they are in flight safe mode.

Not enough toilet paper!

Of all the government campaigns around the world, we did a double take with the latest from Japan, encouraging you to stockpile toilet paper!

Apparently 40% of the nation's supply comes from a high risk earthquake zone, so there's a very real threat of a shortage in the event that a mega quake strikes Shizuoka prefecture.

Hopefully not everyone rushes out to buy toilet paper at once caushing a "run" on supplies!



Make The Most of Oki!



Living in Okinawa, it's no surprise that you are surrounded with beautiful sights, gorgeous weather and plenty of culture to take in. Many of us have goals we want to accomplish or improvements we

want to make in our lives while living here in Okinawa. Your time is NOW! After reading this article there is no reason you shouldn't have the motivation and resources to be the

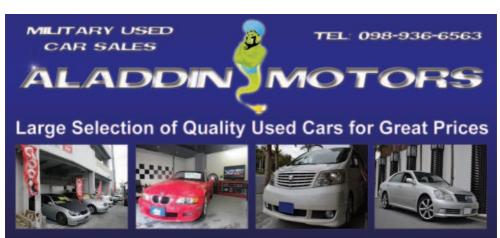
TOTALYOU. What is a total person? What do they look like? Well, a total person is any individual that is self-content and sufficient as well as happy with life because they are moving in the right direction. Every individual has their own goals and journey in life and only you can define what that is... for you.

Total You

To become the total you, have an honest conversation with yourself and ask some serious questions, what are your goals? What are you most happy with living here on the island? How can you be a better person? When it comes to health and fitness there are MANY opportunities to get involved and get in shape, when it's time to relax, Okinawa has that covered! Looking to eat healthy? You're living in the right place. Need an extra push to get your mojo back? There are life coaches ready to help you. Total Okinawa is here to help you locate the BEST that the island has to offer! First thing that must be done is change your thought process! Change the way you view your surroundings, your mistakes and your future. Instead of looking at circumstances and situations as a negative turn those thoughts around to your benefit. This island is magical and it's here to help you reach the next level in your life!

Your dreams begins with YOU! A great attitude, expressing gratitude for what you already have, moving forward in your life by removing toxic people can assist you in being a total person! Take advantage of the resources Total Okinawa offers as well as services offered in Okinawa, they are all here for your benefit! See you next issue!

T. Denise Manning, Certifed Life Coach, founder/owner of Imagine Potential Life strategies firm, joined the total Okinawa Team June 2014 and will be writing our "total you" section that highlights, inspires and encourages our readers to be the best they can be by utilizing okinawa's services and resources! Want your health, fitness, beauty or wellness business featured? Contact Ms. Denise today! OkinawaLifeCoach@gmail.com



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Restaurant Review

Key's Cafe

The latest addition to the growing coffee shop chains

Everyone in the world knows Starbucks and if you've been in Okinawa for any length of time you also know Climax Coffee. Now, there's a new cafe in a similar style on the block, Key's Cafe located on Route 58 opposite Camp Foster.

We're generally big fans of coffee shops, as they normally provide a nice respite from the heat and somewhere to chill out, work on your laptop or meet up with friends so it was nice to see a new entrant into the market to give some competition to Starbucks and Climax Coffee. So how does it measure up?

The interior is purpose built and is clean but not outstanding and reminded us of a typical

family restaurant in Japan. There are counters taking up the middle of the room with power and free wifi which makes it a good choice to work for an hour or two with a coffee. The rest of the cafe is typical banquette seating with scattered tables. It felt more clean and functional to us rather than

the warm atmosphere that Starbucks tries to portray with their comfortable low armchairs.

we noticed when ordering is that alcohol available including bottled difference compared to the other menu is unfortunately unimpressive as formulaic, with the usual pasta and sandwiches we've seen in other

dishes, hot dogs and sandwiches we've seen in other places. We had the carbonara lunch set (sets start from 750 yen) which cost a total of 900 yen including an iced coffee. As you can see in the photo it included a small shredded cabbage salad, the pasta and a small slice of cheesecake. It wouldn't have been bad if the carbonara sauce hadn't come from a packet, it was pretty flavourless and bland.

In summary, if you need a quick cup of coffee on 58 it will do the job, but we can't recommend it for food. The menu needs a bit more TLC and some fresh inspiration!



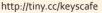
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and is best described

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Italian Pizza

Italian Sausage M Y1800 L Y2700 Four Cheese M Y1200 L Y2000 Pepperoni M Y1100 L Y1800 Margherita M Y1300 L Y2200 Pizza Size M-29cm L-36cm

Mexican M Y1500 L Y2300 Hawaiian M Y1300 L Y2200 Spicy Sausage M Y1300 L Y2200

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Steak Sandwich











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