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What's In Season In Okinawa



Now that summer is around the corner and the incentive of New Year's resolutions has worn off, it's a good time to check out some local healthy eating options in our Eat Fresh special. We also

review Grand Blue restaurant and give you the latest dive report from Reef Encounters and Weird & Wonderful.

There's also our regular life coach article; Total You and a Travel Update. You can view the magazine online at: www.totalokinawa.com



www.totalokinawa.mobi

Need a QR reader?

Check out our magazine page on Totalokinawa.com

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Grand Blue

Italian Restaurant with a View!



Grand Blue is set on a hill close to the EM Costa Vista hotel and has a view over Chatan down to the sea, inside a single house. It bills itself as the "Million Dollar View Trattoria" so how does it measure up?

We visited at lunchtime when the menu is a bit more simple and mostly features pizza, pasta and a meat and fish special. There's also a simple salad bar

with tea and coffee also available.

As there were two of us dining and we'd heard good things about the pizza, one of us had a four cheese pizza with rocket and the other had the fish special. Firstly, the pizza; quite possibly one of the best we have ever had in Okinawa. The four cheese had a great flavor with plenty of fresh cheese, that combined with a hand made crust and wood fired oven adds up to a seriously good pizza! The fish came with a small portion of vegetables and a small slice of quiche. Although the fish was well presented, it was a bit overcooked and the portion size was a disappointment for the cost.

In terms of the restaurant itself, the decor could do with freshening up and redesign, however if you go with a mind to eat pizza with a view then you're not going to be disappointed.

Finally the lunch sets come with an Italian dessert and there's coffee available on the salad bar area. If you're visiting at dinner there's a more extensive menu, but in our opinion the star here is the pizza so for a first time visit, tear into a pizza and enjoy the view!



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Warm Waters Are Coming...



The dive season continues to move on in Okinawa. The last few months has seen dives with hammerhead sharks and exploration of the underwater ruins of Yonaguni along with snorkeling trips with whales in the waters surrounding Okinawa. The 2015 dive year is just getting started and spring brings even more excitement to divers in Okinawa. As the weather warms in Okinawa many new divers and some that have just taken a break from diving during the winter months will be heading back into the water to explore the amazing underwater scenery of Okinawa and the

surrounding islands.

For those looking to get their feet wet with diving, the professional staff at Reef Encounters is waiting to show you the ropes. Our professional staff of full time scuba professionals is unlike any other dive shop on Okinawa. All of our staff are professional divers and instructors – we spend all day, every day, diving. The professional staff at Reef Encounters can arrange your basic scuba diver course to meet your varied schedule with classes starting daily both weekdays and weekend, flexible schedules and courses running both morning and evening can fit any crazy work schedule. We also offer private and group courses and all of our courses come with free access to online education materials unlike other shops which require you to pay over \$100 to access the most advanced educational materials. Contact our reservations staff to start your diving adventure today.

Also this time of year is a great time for those experienced divers that are looking to expand their horizons in diving and explore the technical deep diving side of the sport or the professional side of scuba instruction; Reef Encounters offers the courses you need. Our staff has experience diving and working in Japan, Australia, Thailand, Maldives, Philippines, Tanzania, Zanzibar and many more places. We are called upon by the pros from the BBC, Discovery Channel, and other areas to make sure that their underwater shooting for documentaries and TV shows is conducted safely and efficiently. These same pros will be teaching your classes and diving with you while you learn at Reef Encounters. Come see us today for the professional difference in diving education.

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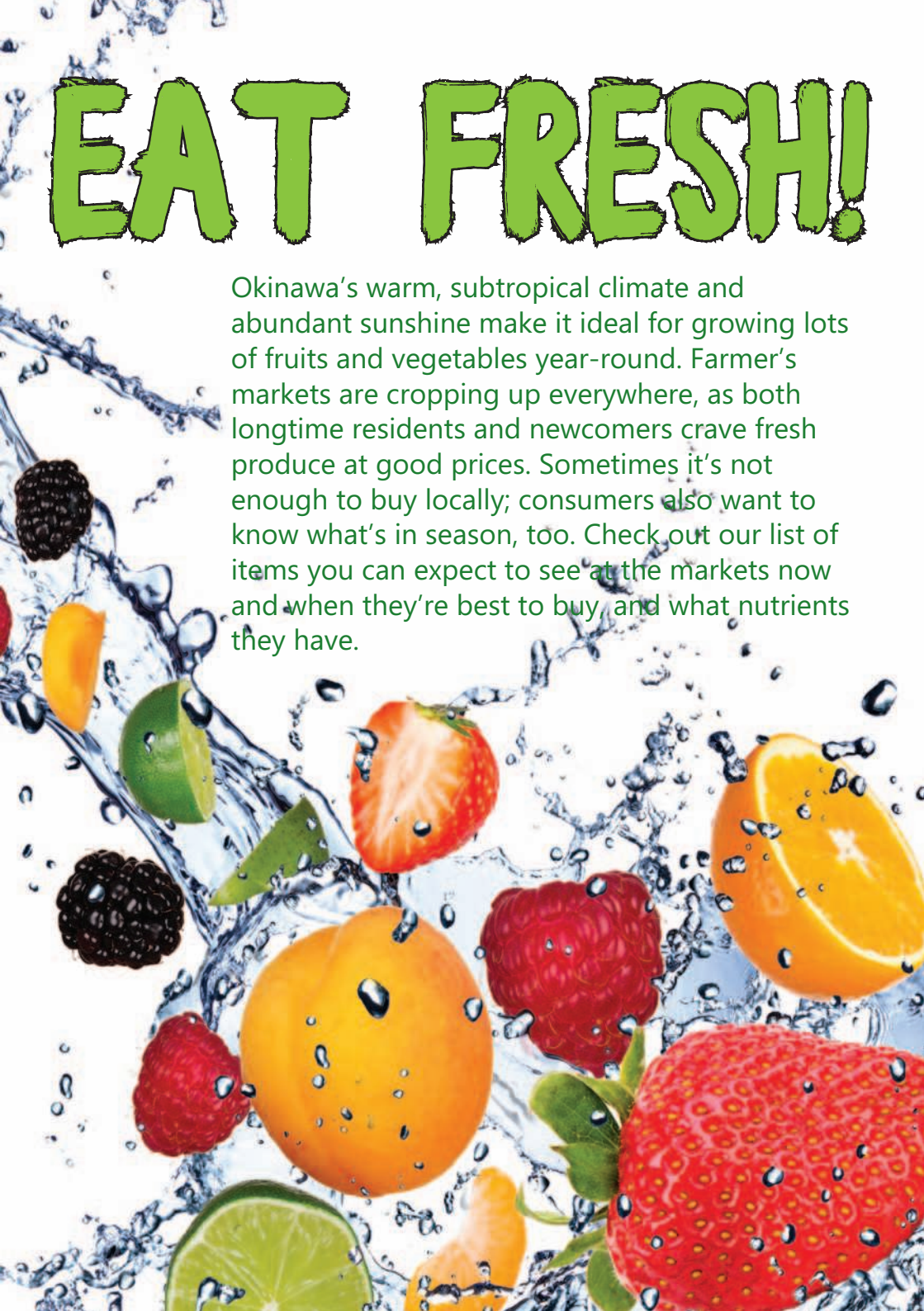


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EAT FRESH!

Okinawa's warm, subtropical climate and abundant sunshine make it ideal for growing lots of fruits and vegetables year-round. Farmer's markets are cropping up everywhere, as both longtime residents and newcomers crave fresh produce at good prices. Sometimes it's not enough to buy locally; consumers also want to know what's in season, too. Check out our list of items you can expect to see at the markets now and when they're best to buy, and what nutrients they have.



1 BOGOR PINEAPPLE



We would be remiss if we discussed in-season produce in Okinawa without mentioning the pineapple. Okinawa is one of the largest cultivator of pineapples in the world. The Bogor pineapple, named after a region in Indonesia, is quite tiny, enough to feed just one or two. Rich in fiber, vitamin C, and manganese, both the skin (or spine) and flesh of these mini pineapples are edible, and easy to pull apart. In Okinawa, harvest time for these sweet little fruits begins now, and peaks in the summer months, from June to August. For sweeter, juicier fruit, select those with bright yellow spines.

2 GOYA

Many newcomers have been sorry to mistake goya for a strangely textured cucumber. Unlike cukes, its flavor is hardly subtle, earning it the name bitter melon. Okinawa citizens swear that goya makes them the oldest living people in the world, and they may be on to something. Goya's bumpy skin is loaded with twice the vitamin C as a lemon, which is retained in the food even after cooking, contributing to its anti-aging properties. Goya's best harvest season is right now, through May. To prepare goya, wash it and cut off the ends, then cut lengthwise, scoop out the seeds and white fiber, then slice what's remaining--you'll have thin crescent shapes. Salt it to take some of the bitterness out, then rinse the salt off and toss in a soup or stir fry.



3 NAPA OR CHINESE CABBAGE



"Napa" means "leaves" in Japanese, especially when referring to edible leaves of vegetables. The large, light green or yellow leaves of this oblong-shaped cabbage are subtle in flavor and versatile--they're used raw in salad or to make Korean kimchi, or cooked in soups or stir fry dishes. Napa cabbage is grown seasonally, with its best time for harvest on Okinawa from October to June. Low in calories and rich in antioxidants, fiber, plus vitamins B and C, be sure to snap up this veggie at your local market!

4 EGGPLANT

The different varieties of eggplant have been cultivated in Asia for centuries, and are an important staple in many Asian cultures' cuisines, including Okinawa's. Because they can be quite bitter in their raw state, eggplant are usually cooked, and are frequently included in stir fry dishes and soups because of their complex flavor. While low in fat and calories, eggplant is not as nutrient-dense as other vegetables, though some studies have found that consuming eggplant may help reduce cholesterol. In Okinawa, eggplant's peak harvest season is right now, and continues through July. Be sure to salt and then rinse chopped-up eggplant before cooking to reduce some of its bitter flavor.



5 DRAGON FRUIT



Although native to Mexico, dragon fruit is cultivated throughout Asia, including Okinawa. Dragon fruit is actually the fruit of a species of cactus. Its exterior of bright pink layers with green tips call to mind tropical, exotic locations, and many are surprised to find that its edible flesh, which is pink or white, is very mild. The subtle sweetness, juicy flesh and tiny black seeds are not unlike kiwi, though some say the flavor is even more bland. Dragon fruit's harvest season begins in April, and peaks from July to September. To eat, slice the dragon fruit in half and either cut or scoop out the soft flesh, then eat, crunchy seeds and all.

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Weird and Wonderful Japan

Okinawa Man in Bomb Threat

An Okinawa man was arrested in mid March for bomb threats against the US embassy in Tokyo made from a public payphone in Naha. He is also a possible suspect in death threats made against US Ambassador Caroline Kennedy and bomb threats against Camp Schwab.

Police Watch Graduating Teens

Okayama graduating teens have developed a tradition of wearing long jackets in different colors and also for some of them dying their hair. Seen as harmless fun by many, some residents called the police to keep an eye on the graduating teens even though fashion crimes may be the only thing they are guilty of!

One-Ton Bomb in Osaka

During construction in downtown Osaka workers hit something hard, luckily the 1.8 meter and 60cm bomb didn't



detonate when hit. The bomb with approximately 1 ton of TNT is located close to the center of Osaka which presents a significant problem when trying to evacuate people to deal with removal. In true Osaka style, some expressed concern it would interfere with the yearly Denden festival. Party first Osaka and deal with the huge bomb later!

Naha Airport Lockdown

In a seemingly huge breach in security

we don't quite understand, three tourists transferring domestically in Naha managed to get from the baggage claim area and back into departures without passing through security. The result? 25 delayed flights, 5 cancelled and all travellers airside, even those already sitting on planes taken back landside and reinspected!

Teacher Shows Porn to Students

In a lesson to all teachers or those who need to do presentations a teacher in Yokohama accidentally showed a gallery of 16 indecent images to his class of students while attempting to play a science DVD.

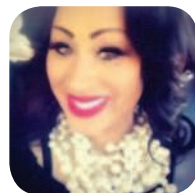
Asylum - Nope...

In a total of 5000 applications for asylum in 2014, Japan accepted only 11. The recognition rate was 0.2%, one of the lowest among modern developed countries. 2013 was not any better with only 6 refugees accepted.

East Japan Still Rattled

Four years has passed since the magnitude 9 earthquake hit Eastern Japan. Since then aftershocks and tremors have been occurring at double the rate than before the disaster. In the last 12 months, there have been a total of 737 quakes. In the last month alone there were 64 quakes with a magnitude of 4 or above. Experts say that this pattern of shocks means it's easier for another large one to occur. The problem of course is that they don't know when, but some experts are saying the increase in quakes could last for at least a hundred years.

Invest In Your Dream!



Everyone has dreams. Dreams that they want to be turned into reality. For a lot of people these dreams do not get accomplished as they fail to follow them. Some of them fail to take the very first step necessary to achieve them. Well, no doubt, taking the first step is the most difficult thing to do in order to achieve the dream. "The journey of a thousand miles begins with a single step." Then again, what good is your dream if it doesn't compel you to take a few tough decisions.

Starting up is just not it. The crucial part is to keep yourself focused on your dream. A lot of people make their new year resolutions and as the first week finishes, so does their resolution. You actually have to invest in your dream.

Take a break and pause yourself. Forget about the world and concentrate on your dream. Put your knowledge into practical use. Many of us are told about this "work hard" lie, but trust me on this, work can often be depressing unless it is done for the outworking of our passion. Actually if we are passionate about our dream then working doesn't remain working anymore. There might be a hard way ahead; it's advisable to expect this and not an easy path. By doing this, you won't take the obstacles as a surprise.

Make some short term goals. Dividing your main goal into small sub-divisions is going to make the accomplishment of your dreams a lot more easier. Keep reviewing your progress regularly. It will help you to visualise your success will work as a motivation.

Keep learning from your failures. Don't let them set you back. Take criticisms in the most positive way you can. Some of them might ruin your day. While some might set your way. It's all about how you take it.

Success demands sacrifices. It has been said- "No pain, no gain", very true! You might have to give up a lot of things dear to you, including your relationships. The best part is that your dream will not wake up and say that it doesn't love you anymore! Quite a win-win, ain't it?

Give a break to the excuses. You may not have the best luck on the universe, don't use this as an excuse. Instead, you should fight for your dreams. Keep them alive. In the words of Paul Valery - "The best way to make your dreams come true is to wake up".

Use all you've got and invest in your dream!

T. Denise Manning is the president and owner of Imagine Potential Life Strategies Coaching Firm
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With new routes opening up all the time from Okinawa, we've got an update on where you should be going and who you should be booking with this summer.



Peach Airlines has some exciting changes right now. They've just started low cost flights from Okinawa to Hong Kong and from September 4, they will be starting flights from Okinawa to Seoul. This is a great expansion for low cost flights to international destinations from Okinawa.

A few tips if you're planning on flying Peach to both international and domestic destinations. Firstly, they operate from inside the cargo area so allow enough time to take the bus from outside the arrivals area on the ground floor, you can't drive or walk there. Also, they are very strict on hand luggage limits, which has a limit of 2 pieces and 10 kilograms. All hand luggage is checked and weighed so if you need to take more baggage please pay for checked in luggage online, it will be a lot cheaper and also easier than having to deal with it at the airport. Finally, the terminal is designed only for low cost airlines (Vanilla and Peach) so

there's not much in terms of facilities but on the plus side it's small and easy to get through. Immigration and customs are also handled in this low cost terminal for international flights.

Also in airline news, from 29 March Dragonair will be adding to their Hong Kong - Okinawa capacity with daily flights, up from four times a week. This adds to the two daily flights operated by Hong Kong Airlines, so there's now plenty of choice to Hong Kong!

In other destinations, EVA Air will be increasing their flights from Okinawa to Taipei from 4 May. If you want to visit Seoul there are now also more choices with flights from Asiana as well as daily flights from JeJu Air and Jinair. All international flights apart from those on Peach and Vanilla depart from the regular international terminal.

After a lot of rumor Universal Studios have finally announced plans for new theme park to open in Okinawa. Details are currently scarce but it will feature attractions designed around Okinawa themes rather than Hollywood and is expected to be built near Nago.

Wherever you travel to this Spring & Summer whether it's home or one of the destinations here, have a great trip!



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