

Your Island Source for Military Life

FREE

# VOICE

P A P E R

# OKINAWA

## AUGUST SEPTEMBER Bulletin

THE REVIEW OF A PLACE  
THE SUNRISE SHACK OKINAWA



[www.voice-paper.com](http://www.voice-paper.com)

Issue 20 >> August 13, 2025



# VOICE

P A P E R

**VOICE PAPER**  
features Okinawa's  
local events, off-base  
locations, and U.S.  
military activity on the  
island and across the  
Asia-Pacific region.

## Duty on the island

### HMLA-169 projects light attack combat power



(U.S. Marine Corps photo by Cpl. Jeremiah Barksdale)

U.S. Marine Corps UH-1Y Venom and AH-1Z Viper helicopters with Marine Light Attack Helicopter Squadron 169, Marine Aircraft Group 36, 1st Marine Aircraft Wing fly off the coast of Okinawa, July 19. HMLA-169 conducted a large flight to project rotary-wing light attack combat power and build flight leadership and experience for pilots and crew chiefs.

**VOICE PAPER** is a private publication and is in no way affiliated with or endorsed by the Defense Media Activity (DMA), the U.S. Department of Defense (DoD), or any branch of the U.S. Armed Forces, including the U.S. Army, U.S. Navy, U.S. Air Force, U.S. Marine Corps, U.S. Coast Guard, or any combatant command. The views and content expressed in VOICE PAPER do not necessarily reflect the official policy or position of the Department of Defense or any U.S. government agency. The appearance of U.S. DoD visual information in this publication does *not* imply or constitute DoD endorsement. In accordance with DoD guidelines, all identifiable military markings, such as uniforms, emblems, rank insignia, aircraft numbers, or unit patches, have been used for illustrative purposes only and do not suggest official support. The inclusion of any advertisement, insert, or supplement in this publication does not constitute endorsement by the DoD or any U.S. government agency of the products or services advertised. All advertised products and services are available to all eligible customers regardless of race, color, religion, sex, national origin, age, marital status, disability, political affiliation, or any other non-merit factor. This disclaimer is based on publicly available DoD and DVIDS usage guidelines.

広告掲載のお問い合わせは [voice.paper.okinawa@gmail.com](mailto:voice.paper.okinawa@gmail.com)



### Sailors Share Story Time with Local School Children



(U.S. Navy photo by Mass Communication Specialist 1st Class MacAdam Kane Weissman)

Logistics Specialist 2nd Class Jacob Mitchell, from Orange, California, assigned to Navy Munitions Command Pacific East Asia Division Okinawa, left, and Personnel Specialist 2nd Class Janine Hunt, from Lodi, California, assigned to Electronic Attack Squadron (VAQ) 209, read to children during a community relations event led by Commander, Fleet Activities Okinawa, at a school in Kadena Town, July 10. The event gave Sailors the opportunity to read storybooks and interact with local kindergarteners through games and playtime, while strengthening U.S.-Japan ties through cultural exchange. CFAO maintains and operates facilities to support United Nations Command-Rear missions, coalition and allied partners, U.S. Navy ships, submarines, and aircraft, and Joint Force assets in the Indo-Pacific region.

### F-15EX visit offers first look at Indo-Pacific airpower evolution



(U.S. Air Force photo by Airman Nathaniel Jackson)

U.S. Air Force Brig. Gen. John Gallemore, 18th Wing commander, converses with Okinawan civic leaders after a tour of an F-15EX Eagle II from the 85th Test and Evaluation Squadron, Eglin Air Force Base, Florida, at Kadena Air Base, July 18. The visit to the 18th Wing for integration and familiarization training with local units and joint partners marks a key step in preparing for the permanent arrival of 36 F-15EX aircraft at Kadena in spring 2026.

### Ginowan Dragon Boat Race

U.S. Marines with Headquarters and Headquarters Squadron, Marine Corps Air Station Futenma, participate in the Ginowan Dragon Boat Race. Forty teams, including Das Boots, Hornet Harbingers and Yasha Dragons from MCAS Futenma, competed for top five honors in the timed event.



(U.S. Marine Corps photo by Lance Cpl. Alexander Conde)

### Sailors share in language exchange with Okinawan school children



(U.S. Navy Photo by Mass Communication Specialist 1st Class MacAdam Kane Weissman)

Sailors assigned to the "Golden Eagles" of Patrol Squadron (VP) 9 are introduced to local Okinawan students as part of a language exchange during a community relations event led by Commander, Fleet Activities Okinawa (CFAO) at a school in Uruma, July 15. The event provided students with the opportunity to practice English by interacting with native speakers, while also strengthening U.S.-Japan ties through cultural exchange.

### HMLA-169 conducts off base beautification

U.S. Marine Corps Cpl. Kayla Cassel, an aviation operations clerk, and Cpl. Kaleef Thompson, a maintenance data specialist with Marine Light Attack Helicopter Squadron 169 (HMLA-169), Marine Aircraft Group 36, 1st Marine Aircraft Wing drop off waste at a designated waste collection area at Ginowan, July 2. HMLA-169 personnel worked with the local public to gather combustibles and recyclables as part of a beautification event, fostering U.S. and local relationships in Okinawa.



(U.S. Marine Corps photo by Lance Cpl. Benjamin Catindig)



# AUGUST SEPTEMBER bulletin



## CHATAN

**Seaport Chatan Carnival**  
Fireworks: July 22 ~ Oct 24  
Events: Sept 21 ~ Sept 23

## ITOMAN

**Okinawa All Fes / Okinawa All Blue**  
August 17

## GINOWAN

**Okinawa Kanasa Fireworks**  
September 20

## YOMITAN

**Takashiho Street Eisa Festival 2025**  
August 31

## OKINAWA

**Beer & Music ORION BEER FEST 2025**  
Okinawa Island-wide Eisa Festival  
Sept 12~14 Sept 13 & 14

## NAHA

**Tezuka Osamu's Black Jack Exhibition**  
Until Sept 15

## URUMA

**Bull Fight**  
Aug 15 Sept 13

## CHATAN

**SUNSET ON THE BEACH 2025**  
4.19 | 7.19 | 9.13 | 10.??  
ENTRANCE FREE @SUNSET BEACH 3pm-8pm  
Live Performance | DJ  
PopupShop | Sunset  
Foodtruck | Firework

## GINOWAN

**Hagoromo Matsuri**  
Sept 27 & 28

## NAHA

**Spice Curry Fes**  
July 31 ~ Sept 30

## ONNA

**Sustenabee Music Fes**  
Aug 16

## OKINAWA

**Okinawa City Hardcore Fest**  
Aug 30

## GINOWAN

**Odekake Live in Okinawa**  
Aug 31





# SAME-DAY REPAIR NO APPOINTMENT NEEDED

SAVE YOUR MONEY, SAVE YOUR TIME, SAVE YOUR DATA

iPhone/Galaxy/Pixel/iPad/Mac Book/Apple Watch

# CELL PHONE FAST REPAIR



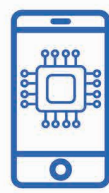
DISPLAY REPLACEMENT



BATTERY



WATER DAMAGE



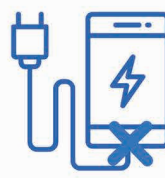
LOGIC BOARD



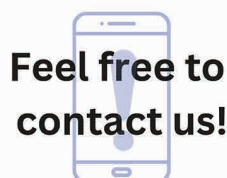
BACK GLASS



CAMERA ISSUES



CHARGING ISSUES



Feel free to  
contact us!

Phone Fix Okinawa

080-6063-2069

9:00AM - 6:00PM  
CLOSED WED

Forest Market Rycom



# Gallemore takes command of the 18th Wing

Story by Staff Sgt. Dwane Young  
18th Wing Public Affairs



(U.S. Air Force photo by Airman 1st Class Arnet Shayne Tamayo)  
U.S. Air Force Lt. Gen. Stephen Jost, left, U.S. Forces Japan and 5th Air Force commander, passes the 18th Wing guidon to Brig. Gen. John Gallemore incoming 18th Wing commander, during the 18th Wing change of command ceremony at Kadena Air Base, July 14.

KADENA AIR BASE – U.S. Air Force Brig. Gen. Nicholas Evans officially relinquished command of the 18th Wing to Brig. Gen. John Gallemore during a change of command ceremony at Kadena Air Base, July 14. The event was presided over by Lt. Gen. Stephen Jost, commander of U.S. Forces Japan and 5th Air Force.

Simultaneously, Chief Master Sgt. Brandon Wolfgang transferred responsibility as the 18th Wing command chief to Chief Master Sgt. William Cupp. As the wing's senior enlisted leader, Wolfgang served as the principal advisor to the commander and senior staff,

(Continued on page 9)

# HARVEST HAMBURGER KOZA



Mozzarella  
Mushroom Burger



Pineapple Bacon  
Burger



BBBLT  
Burger



Iburigakko Cream  
Cheese Burger

Thu & Sun: 11:30~19:30  
Fri & Sat: 11:30~23:30  
(Mon, Tue, Wed closed)

1-7-3 Chuo, Okinawa City

Cash VISA



New Open in Onna  
August 5



2654-1 Maeda, Onna Village

Let's Check  
It Out!!







*The ocean, greenery,  
a gentle breeze –  
and the best burger!*



Bacon Cheese Burger



Mozzarella  
Mushroom Burger



Strawberry  
Latte



Okinawa Green Chilli  
Spicy Burger



Avalanche Burger

Open

Mon / Tue / Thur / Fri : 11:00-15:00

Sat/Sun/JP Holidays : 11:00-17:00

Closed Wednesday

Terrace Seating

Ph. 098-988-5516 Ginoza Roadside Station 2F

¥ cash VISA AMEX 1663 Kanna, Ginoza



(Continued from page 7)

guiding decisions on operational effectiveness, readiness, morale, welfare, safety, and the optimal employment of total force personnel.

Cupp now steps into the role, serving as the senior enlisted liaison between the 18th Wing and enlisted members from five other Air Force major commands and joint partner units.

“The 18th Wing’s mission is vital to our nation’s security and to maintaining stability in this crucial region. As the ‘Keystone of the Pacific’, this wing’s contributions are felt across the region,” said Jost. “Gen. Gallemore and Chief Cupp, your unique combination of operational expertise and strategic vision makes you the ideal team to guide the 18th Wing into the future.”

Since assuming command in July 2023, Evans and Wolfgang led Team Kadena through significant



(U.S. Air Force photo by Airman 1st Class Arnet Shayne Tamayo)

accomplishments, including securing critical infrastructure funding to modernize facilities, executing regular readiness training that demonstrated Kadena Air Base’s ability to project airpower anytime, and advancing quality of life initiatives that deepened trust and connection between Airmen, families, and the Okinawan community.

“It has been a privilege to serve alongside the men and women of Kadena who deter aggression, reassure our allies, and stand ready to defend Japan every day,” said Evans. “This wing has strengthened

community ties, sharpened readiness, and deepened the bonds of our alliance, and I have no doubt Kadena will continue to excel in the vital mission it carries out for our nation and our allies.”

Selected for reassignment to the U.S. Air Force Academy as deputy superintendent, Evans passed the guidon to Gallemore, who then addressed the men and women of Team Kadena.

“It is an honor to join the incredible Airmen and families of Kadena,” said Gallemore. “This

(Continued on page 13)

**Newly Opened in Naha**  
**Main Kokusai Street**

Ryukyu Costume Rental  
Karaoke Stage  
Darts  
Okinawan-style Bar  
Karaoke  
Shisha  
Cheerful Staff  
All you can drink!

**ゆいま〜る BAR**  
**YUI MARU BAR**

10 P.M. - 6 A.M.

5F 1-1-60 Asato, Naha City

¥ Cash VISA AMEX

Drink responsibly



# THE REVIEW

## OF A PLACE



In the American residential area of Sunabe. Look for the yellow cute van.



Five types of bases, including acai, imported from Hawaii, with homemade non sugar granola, fresh fruits, seeds, flakes, nibs. Enjoy your favorite flavor ♪



Have you ever had Bullet coffee? It's very rare, mild and creamy. Really good!!



Coconut chips, cacao nibs, and original T-shirts are also on sale.

# The Sunrise Shack Okinawa

Open: 7:00-19:00  
Beach Side Town 5-B  
247-20 Sunabe, Chatan  
\$/¥ Cash / Credit Cards



Enjoy the authentic Hawaiian bowl

## COFFEE [HOT/ICED]

### Bullet Coffee

• Coconut butter	S \$ 7.00
Coffee, Coconut creamer, Grass-fed butter, MCT oil, Coconut oil	M \$ 9.00
	L \$ 11.00
• Classic	S \$ 6.00
Coffee, Grass-fed butter, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Mocha classic	S \$ 6.00
Coffee, Cacao creamer, Grass-fed butter, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Coconut	S \$ 6.00
Coffee, Coconut creamer, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00
• Golden	S \$ 6.00
Coffee, Coconut creamer, Turmeric powder, MCT oil, Coconut oil	M \$ 8.00
	L \$ 10.00

### Coffee

• Original black coffee	S \$ 4.00
	M \$ 6.00
	L \$ 8.00

## SMOOTHIE BOWLS

Step.1 Choose Size Regular \$13.00 / Large \$19.00

Step.2 Choose Flavor

Açaí	Tropical	Blue Dream	Green	Monkey
Açaí Blueberry Banana	Mango Pineapple Banana Honey Coconut milk	Spirulina Coconut milk Banana Mango Almond milk Honey	Mango Pineapple Banana Coconut milk Spinach Honey	Banana Peanut butter Dates Coconut Creamer

Ingredients for the paste

Step.3 Choose Granola

Simple	or	Cacao +\$1.00
--------	----	---------------

Step.4 Choose 6 Toppings

Honey	Peanut butter	Pitaya sauce
Banana	Blueberry	Manago
Goji berries	Chia seed	Coconut flake
		Cacao nibs
		Hemp seed

※ It is also possible to select the same topping multiple times.  
※ Additional \$1.00 after 7th item

Step.5 Extra Toppings

+ \$2.00	Fresh pineapple	Fresh Kiwi	Protein	Dark chocolate	Mac nut butter	Almond butter
+ \$3.00	Simple granola	Dates	Cacao granola			
	Fresh strawberry					



OPEN EVERYDAY 7:00-19:00



\$/¥ Cash VISA



Beach Side Town 5-B  
247-20 Sunabe, Chatan



# BENEATH THE WAVES

## The USS Emmons Wreck off Kouri Island

**NAKIJIN** – Located in northern Okinawa, the small island of Kouri in Nakijin Village is a popular destination known for its scenic drive across the iconic Kouri Bridge. But few visitors realize that 40 meters below the surface lies one of the world's most impressive shipwrecks.

This sunken relic is the USS Emmons, a U.S. Navy warship discovered in February 2001 by local divers. Even before its discovery,

local fishermen had long suspected something lay beneath the waves—mainly due to mysterious traces of oil occasionally rising to the surface.

Measuring about 100 meters in length, the Emmons still rests on the seafloor with its massive main guns, propellers, and anti-aircraft weapons largely intact. Despite nearly 70 years underwater since it sank in 1945, the ship

remains a powerful testament to its wartime past.

Today, the wreck attracts experienced divers from around the world, eager to witness its haunting beauty up close. Due to the depth and sometimes strong currents, tours to the Emmons are limited to advanced divers only. Still, for many, the dream of exploring this underwater time capsule is one worth holding onto.

(Copyright by KATSU MIYA / Photo Library)

(Continued from page 9)

wing plays a critical role in safeguarding peace, strengthening our alliance with Japan, and standing ready to defend our shared interests in the region. I look forward to building on this legacy together.”

Gallemore brings a distinguished record, including key leadership roles as Inspector General for Air Combat Command, director of the Secretary of the Air Force and Chief of Staff's Strategic Execution Group, and commander of the 8th Fighter Wing at Kunsan Air Base, South Korea.

He now assumes responsibility for approximately 8,000 service members and their families, alongside over 4,000 Japanese employees and contractors at Kadena Air Base—the largest combat wing in the U.S. Air Force, providing air superiority, combat search and rescue, command and control, aeromedical evacuation, and global mobility to the U.S. Indo-Pacific Command.

His recent tenure as Inspector General at Headquarters Air Combat Command, Joint Base Langley-Eustis, Virginia, has reinforced his appreciation of the critical role that readiness and collaboration play in attaining maximum efficiency and effectiveness.

# KATSU-AN

**Chicken Cutlet Rice Bowl (M)**  
Udon (S) & Seasonal Side Dish Combo +Coca Cola **¥1,060**

**Recommended Combo**

**Curry Rice with Aged Pork Loin Cutlet +Coca Cola**  
120g **¥1,130**

**58号北谷店**  
Katsu-an 58gou Chatan  
2-18-6 Ihei Chatan-cho,  
Nakagami-gun, Okinawa-ken  
**HOURS**  
10:00 AM ~ 2:30 AM daily

**ABLOうるま店**  
Katsu-an ABLO Uruma  
9-15 Toyohara,  
Uruma-shi, Okinawa-ken  
**HOURS**  
10:00 AM ~ 11:30 PM daily

**Web Site**

## TACO PETES OKINAWA

**Monday & Tuesday: 17:00~22:00**  
**Friday: 17:00~23:00**  
**Saturday: 12:00~15:00 / 17:00~23:00**  
**Sunday 12:00~20:00**  
**Closed on Wednesday & Thursday**

**Last order: 30 minutes before closing**

**Ph. 098-989-0700**

1-464 Miyagi, Chatan ¥ cash

**Uber Eats**

**TIRE & WHEELS SHOP**

# SAKUMA

- ✓ New & Used Tires
- ✓ Great Prices
- ✓ Plenty in Stock
- ✓ No Appointment Needed
- ✓ Installation Included

**Ph: 098-938-7766**  
Open: 10:00 - 18:30 [bootire@gmail.com](mailto:bootire@gmail.com)  
2-588-2 Matsumoto, Okinawa City ¥Cash/Credit Cards

# Wing King

**Choice of 11 Delicious Sauce Flavors!!**  
**098-936-8986**  
**OPEN 11:00~20:00**  
**MON/TUE/WED CLOSED**  
411-1 Ihei, Chatan

**Sandwiches All ¥500**

**6 Pieces ¥650**  
**up to 60 Pieces ¥5600**

*The Art of Teppanyaki*

**55th Anniversary**  
Specials Aug.15 - Oct.31

# SAM'S ANCHOR INN

## Supreme Teppanyaki Steak & Seafood

**Tomahawk Rib Steak**

**King Crab Legs & Sirloin Steak**

**Ginowan City TEL: 098-897-5555**  
**17:00~23:00 L.O.22:00** Open everyday, Free Parking

**COUPON FREE SOUVENIR CUP**  
One Coupon valid for one cup.  
Valid with lunch or dinner orders only.  
Not accepted with any other coupons or discount tickets.  
Accepted at All Sam's Restaurants.  
Expires Oct. 31, 2025

**Call for Reservations 098-932-1819**



Relaxation salon  
**Botanico**  
Chatan  
— your hidden  
aromatherapy oasis  
near Araha Beach.

*Popular with Couples*

Escape · Breathe · Reset.

*Breathe with the Forest!*

*Heal in Harmony!*

**MENU**

**Aromatherapy Foot Bath & Full Body Massage**

- 70 min — \$100
- 100 min — \$150
- 130 min — \$200

Deep tissue massage upon request — just let your therapist know.

**Cupping Therapy**

- 2 areas — \$40
- 3 areas — \$50
- Full body — \$70

Our unique aromatherapy sessions are designed to melt away stress and restore your natural balance, like breathing with the forest itself.

**Tel: 080-9107-4143 (Reservation)**  
Open Daily 11:00–21:00 (Closed on Mondays)  
3F 1-6-5 Chatan, Chatan Town

Open to All Genders  
Everyone is welcome here.  
Our inclusive space is designed for every body and soul.

¥/¥ Cash VISA

# Newly Opened in Naha

Physician: A. Morello, M.D.  
Procedure: Lip filler injection  
Risks: Bruising, Swelling

Physician: A. Morello, M.D.  
Procedure: Botox injection  
Risks: Bruising, Swelling

# MSA

*Dr. Morello provides ENGLISH consultations*

## Morello Surgical Arts

**Founder Director**  
**Austin M. Morello, M.D.**

**Professional Memberships**

- The American Academy of Cosmetic Surgery (AACS)
- The Japanese Society of Aesthetic Surgery (JSAS)
- The Japanese Society of Aesthetic Plastic Surgery (JSAPS)
- The Japanese Society of Aesthetic Dermatology (JSAD)

**Brief Background**  
Dr. Morello was born in South Carolina in 1989. His unique upbringing has given him a global perspective and the skills to communicate with both English and Japanese.

Surgeon: A. Morello, M.D.  
Procedure: Hybrid Breast Augmentation  
Motiva Ergonomix 2 silicone implants + Fat transfer  
Risks: Bruising, Swelling, Infection, Contracture, Scarring

Open 9:00 - 18:00 (last call 17:30)  
**Consultations are FREE**  
Boogie Building 5F, 4-9-10 Omoromachi, Naha city  
Google Map Coordinates : 26.22745560560828, 127.69633151384167  
Inquiries : morellosurgicalarts@gmail.com  
<https://msa-cosmetic-surgery.clinic>

¥ Cash VISA

Shintoshin Park, Okinawa Noodle, Lawson, Aube Hair resort, Flex Omoro, Pink Doll House, Ramen Take-Tora, Apple Park, Omoromachi 4 Chome No.3, 4-8-10 Omoromachi, Naha

# NASHVILLE

## OKINAWA

The Place to Git Yer Country ON!

**THURSDAY 7 p.m. ~ 12 a.m.**

**FRIDAYS & SATURDAYS 7 p.m. ~ 1 a.m.**

**BIGGEST LINE DANCE FLOOR IN OKINAWA**  
**MECHANICAL BULL · POOL ROOM**  
**DARTS · CORN HOLE · KARAOKE**

**PARTY PLAN AVAILABLE!**

2nd Floor, 220 Kitamae, Chatan

¥/¥ Cash VISA

# LASH BLOSSOM

EYELASH EXTENSIONS | FACIAL WAXING

Volume Wispy

**4th Anniversary**

All lash menu **¥2,000 off** on new sets

Offer valid until August 31

Classic Lashlift

Tue-Fri 10:00~18:30  
Sat 10:00~16:30  
Sunday & Monday closed

Chatan Town Parking Lot

Starbucks

#205 2-2-4 Mihama, Chatan

¥/¥ cash / Credit Cards



# Bianca Okinawa

Nail • Eyebrow • Eyelashes

**Mihamo**  
Ph. 098-987-8933  
Makai Resort Chatan 1F, 51-1 Mihamo, Chatan  
Open 10:00~21:00 (Sun / Holiday ~20:00)

**Yomitan**  
Ph. 098-987-8006  
Higa Terrace 1F, 23 Hija, Yomitan  
Open 10:00~21:00 (Sun / Holiday ~20:00)

**Parco City**  
Ph. 098-917-0811  
Parco City 2F 3-1-1 Irijima, Urasoe City  
Open 10:00~22:00



The Bespoke Concierge for Beauty and Youth

## BLAZE CLINIC

### Your Beauty & Anti Aging



Facial wrinkles

Botox  
Skin booster injection

Sun Spots

Laser spot removal (DISCOVERY PICO)

Acne scars / Pores

Microneedling (POTENZA)

Beautiful Lips

Lip Filler

Sagging

Non-surgical tightening (HIFU / DENSITY)  
Hyaluronic Acid Injection

**Special Offer Botox ¥3,850~**

### Total Basic Beauty Care

Weight loss

Mounjaro  
Ozempic

Arm slimming  
Fat dissolving injection

Sculpt a beautiful waistline  
VANQUISH ME

**Special Offer Mounjaro ¥29,800~**



APPOINTMENT

<https://blaze-clinic.com/en/>

AI Building 2F, 4-17-15 Omormomachi, Naha City

Weekdays: 9:30 - 19:00

Sat & Sun, JP holidays: 9:30 - 18:00

\*Closed irregular days



¥ cash VISA



**Pasathai Okinawa**  
Mon & Tue: 17:00 - 21:30  
Wed - Sun:  
Lunch: 11:30 - 14:30  
Dinner: 17:00 - 21:30  
51-3 Mihamo, Chatan  
090-6851-0436

Uber Eats

Enjoy authentic Thai food in Chatan

**Little Thailand Okinawa**  
Lunch: Wed - Sun 11:00 - 14:30  
Dinner: Fri - Sun 17:00 - 21:00  
208 Hamagawa, Chatan  
098-952-5973

**Delicious Okinawa Marsamun!**

パパイヤ イリチー  
Papaya Irichi

While papaya is often seen as a tropical fruit, in Okinawa and parts of Southeast Asia, unripe green papaya is commonly used as a vegetable. One of the most popular home-cooked dishes is Papaya Irichi—shredded papaya stir-fried with ingredients like carrots, garlic chives, pork, or tuna.

Rich in potassium and vitamin C, green papaya helps prevent high blood pressure and supports healthy skin. With its light flavor and crunchy texture, it's a refreshing summer dish, often enjoyed alongside classics like Goya Champuru.

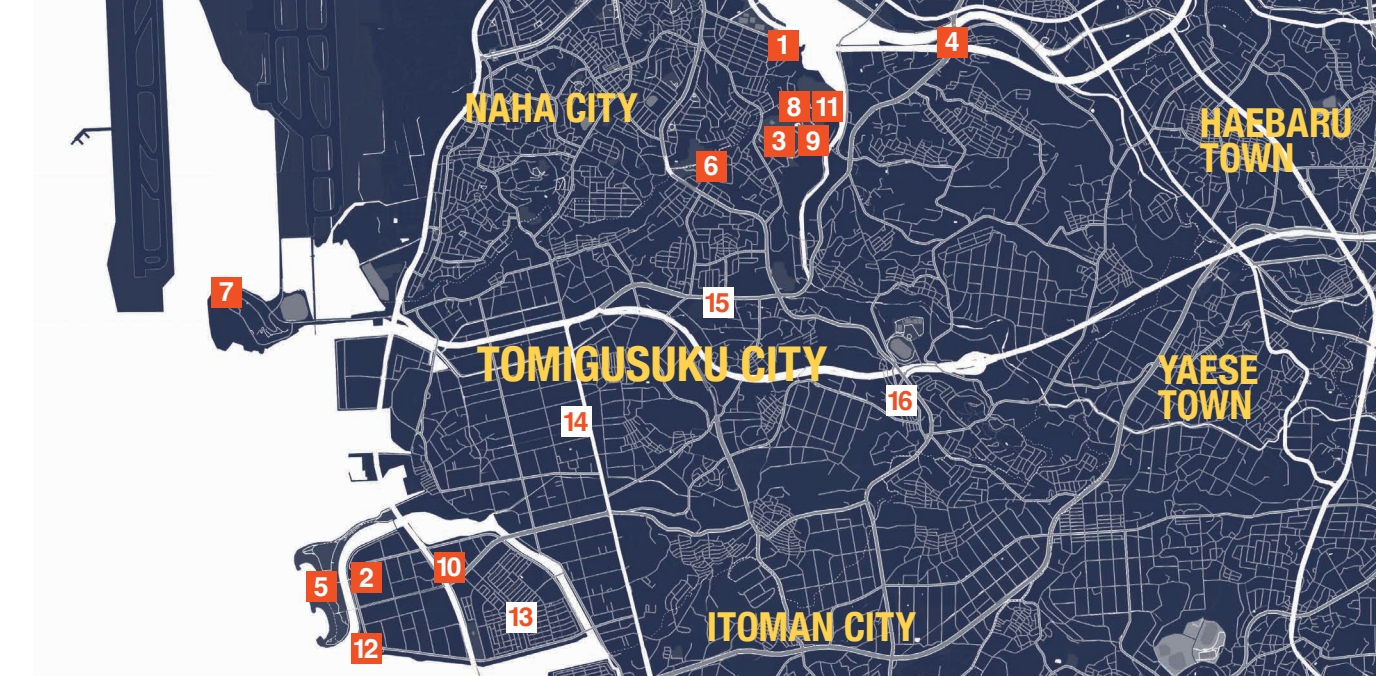


Where Legends, Nature,  
and Leisure Meet

# TOMIGUSUKU CITY

**R**ooted in Ryukyuan mythology, Tomigusuku began on Senaga Island and later became a key site in Okinawa's ancient history. It is also known as the birthplace of Okinawa's dragon boat races. Tomigusuku is home to Manko Wetland, Okinawa's only Ramsar site, offers views of rare waterbirds. With shopping spots like Outlet Mall Ashibinaa, Toyosaki Roadside Station, Iias Shopping Mall, and Tomiton, and as a vibrant residential city adjacent to Naha, Tomigusuku blends rich heritage with modern vitality.

**1 Manko Waterbird and Wetland Center**



**7 Umikaji Terrace (Senaga Island)**



**8 Monument of the Birthplace of Harii**



**9 Okinawa Craft Industry Promotion Center**



**10 Ashibina Outlet Mall**



**11 Tomise Utaki (sacred site)**



**12 Toyosaki Urban Park**



## Where to eat



**13 XxL Okinawa**



**14 Plus Minus**



**15 Pizzeria Napoletana Bufalo**



**16 Kafu Kari**



**2 DMM Kariyushi Aquarium**



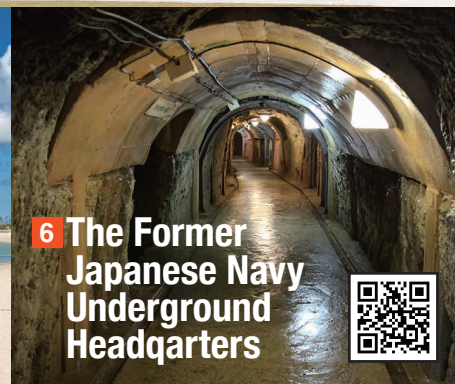
**3 Okinawa Karate Kaikan**



**4 Madanbashi Bridge Ruins**



**5 Chura Sun Beach**



**6 The Former Japanese Navy Underground Headquarters**





# SUSHI ON LA CIENEGA



Where Sushi Goes Wild – A New Twist by the Ocean



Open: 17:00~22:00  
(L.O. 21:30)  
Closed Wednesday  
Ph.098-989-8339  
51-3 Mihama, Chatan, Okinawa



\$/¥ Cash VISA



Vegans available

**Stripe**  
Noodles

You can satisfy STEAK TOOTH and RAMEN TOOTH both only here!!

Vegan menus available



OPEN: 11:00 ~ 20:00  
Wednesday closed  
Ph. 098-923-2227



1-15-9 Kuwae, Chatan



## SANDWICH



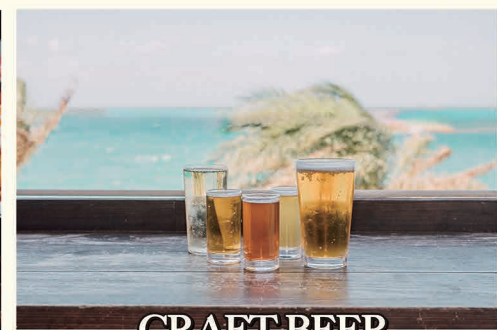
NY STYLE PIZZA



CHICKEN OVER RICE



BUFFALO WINGS



CRAFT BEER



Terrace Seating

Since 2021  
**Renny's**  
DINER

Serving up New York comfort food in the west coast Okinawa

**RENNY'S DINER**

9-39 OAK FASION Bld. 2F, Mihama, Chatancho, Nakagamigun, Okinawa

**098-923-0276**

HOURS 11AM - 9PM  
CLOSED WED

PLEASE FOLLOW US



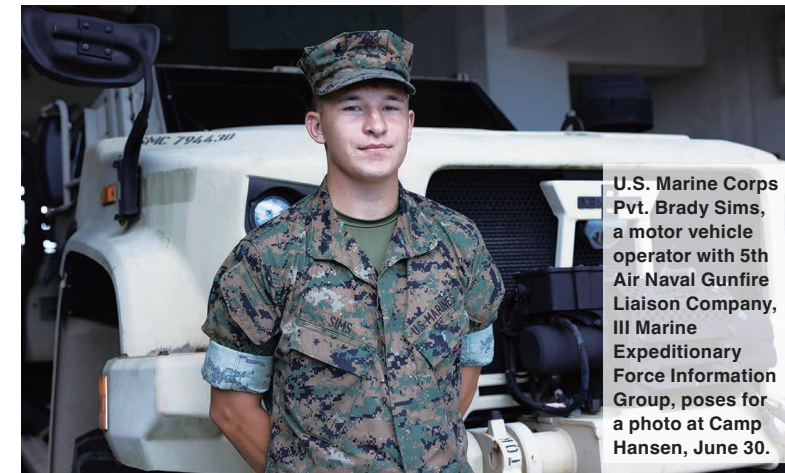




COME ENJOY OUR WOOD FIRE GRILLED STEAK,  
BURGER, TACOS, CRAFT BEER, & MORE!



**Story & Photo by 1st Lt. Keyon Whyte  
III MEF Information Group**



(U.S. Marine Corps photo by Cpl. Bridgette Rodriguez)

an Okinawan local's sudden slip and fall turned into an immediate call to action for the Marine.

On June 7, Sims was shopping in American Village when he and another Marine, LCpl Ryland Sawyer, decided to walk by a nearby beach. During that walk, they noticed a local Japanese woman slip from the concrete barriers that break up the waves and fall headfirst down an approximately 15-foot drop. Sims did not hesitate

(Continued on page 24)



# The Authentic California Gourmet Pizzas in Okinawa







## MILITARY DISCOUNT

# PIZZA 15% OFF

Please show your military ID  
 Cannot be combined with  
 any other coupon, other specials.







**OPEN: 11:00~15:00**  
**16:00~21:00**  
 ATS 1F 2-9-17 MIHAMA, CHATAN

**PH. 098-936-0042**  
 (IRREGULAR CLOSING DAYS)

¥ Cash VISA 







Uber Eats





(Continued from page 23)

to spring into action.

"I ran over there, and it looked like she was in pretty bad pain. I could see blood coming out of her head, so I jumped down there, took off my shirt, and started applying pressure," recalled Sims. "I directed her family to call the paramedics and told another local to go get some ice."

Sims counted on the skills he learned in the Marine Corps to triage the woman's injury and take control of the situation. He checked for the signs of a traumatic head injury that he had been trained to recognize, directed other individuals to assist, and relayed vital information about the woman's status to the paramedics when they finally arrived on the scene.

"I guess because we're trained in basic first aid, I thought that I could help. I didn't really see

anybody else who could have done it because she was just there with her family, so I immediately jumped down there and started helping her," Sims continued.

Once the 46-year-old woman was safe with the paramedics, the family members that had accompanied her also paused to express their gratitude to the two Marines who had assisted her.

"Her family was very thankful. Once [the paramedics] took her, they were asking how they could repay us," said Sims. "We were like, don't worry

about it. We are just here to help people."

Marines like Pvt. Sims are the embodiment of the values, initiative, and bias for action that are instilled in every Marine from day one, proving that Marines are not only the first to fight when the nation calls, but the first to help in times of need.

## New Transitions Gen-S Lens on Sale

CERTIFIED EYE CARE SPECIALIST-AO  
**ROYAL OPTICAL CO.**

Wide Selection of  
Frames, Transitions,  
High Index Lenses, Bifocal,  
Progressive ready in 2 or 3 days.

Ph. 098-932-3919

2-1-19 Uechi, Okinawa City



Open. 10:00 - 18:00  
Mon-Sat and JP Holidays  
Closed. Sunday

[eyecare-royaloptical.com](http://eyecare-royaloptical.com)



# Located in a prime spot in Arahaha

Kimchi Jjigae

Bulgogi

## Enjoy Spicy Korean Cuisine

# KOREAN FOOD & BAR CHATAN

# Ren+

**Homemade  
Sauce**

**\*Sauce\***

Plain

Yangnyeom

Kalbi

Spicy Mayo

Honey Garlic

**\*Powder\***

Honey Butter

Cheddar Cheese

You can choose  
between bone-in or  
boneless!

# Korean Chicken



Bibimbap



EVERYDAY  
17:00-19:00  
**Happy Hour**

- Orion DRAFT
- Ashahi SuperDRY
- NIKKA Highball

**ALL  
¥300**

# Your Perfect Bike, Crafted for You!



# BIKE RENTAL SALES & SERVICE



# SHUWARI BIKE WORKS



OPEN 10:00-19:00 CLOSED THURSDAY

Business Hours (Closed on Sunday)  
**17:00-23:00 (L.O. 21:45)**  
**Ph. 098-988-7033**

Pets  
welcome  
on the  
terrace



¥ cash VISA





# Manga Souko is a Treasure Trove of Secondhand Goods

**M**anga Souko is a well-known Okinawan recycling shop chain with four locations in Nago, Naha, Urasoe, and Awase. The popular store specializes in buying and selling various secondhand goods, making it a go-to destination for bargain hunters, collectors, and those looking for unique items.

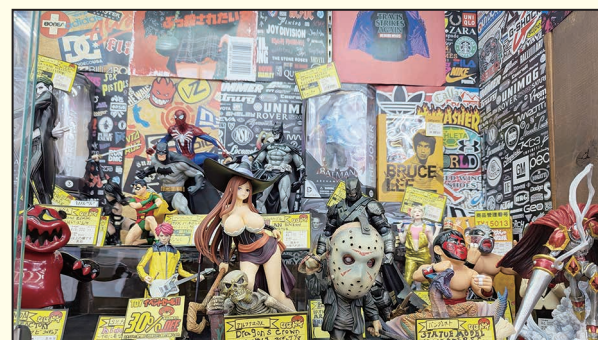
Manga Souko offers an extensive selection of products, from fashion, toys, home appliances, and tools to everyday necessities and tableware. The store buys and sells mobile phones, books, sports equipment, and trading cards, catering to various hobbies and interests. Gamers and music lovers

can find video games, CDs, and DVDs, while musicians can browse guitars and other instruments, and a collection of fishing gear attracts fishermen. Additionally, the store deals in gold, jewelry, tradeable coupons, and car and motorcycle supplies, making it a versatile shopping destination.

Other items include furniture, interior goods, and amusement items. Customers can both sell their unwanted items for cash and discover rare or discounted treasures, from figures and anime-re-



lated items to rare collectibles. With its wide range of products and affordable prices, Manga Souko provides a sustainable way to shop while giving pre-owned goods a second life.



Game shelves present a bonanza for gamers.



Surprises await in the rows of Manga Souko "gacha" capsule toy machines.



Selling and purchasing used brand-name clothing is a customer favorite.

## Manga Souko shops

**Awase**  
(Okinawa City)  
098-931-9911  
9:00~24:00



**Urasoe**  
098-874-4455  
9:00~24:00



**Naha**  
098-891-8181  
9:00~24:00



**Nago**  
0980-54-3344  
9:00~22:00



# WELCOME TO MANGASOUKO

お宝発見  
マンガ倉庫

USED OUTLET SHOP

We sell and buy  
anything at  
Mangasouko  
Treasure Trove!

Books / Second Hand Clothes & Fashion Items / Games / Cards /  
Musical Instruments / CDs, DVDs & Blu-ray Discs / Fishing Tackle /  
Home Appliances / Super Brand Items / Cellular Phones / Cheap Sweets / and more!



Toys and  
Figurines

We have



Musical  
Instruments



Card Games



Game Corner

Open Daily

**Urasoe Store**  
Open: 9:00-24:00  
Ph. 098-874-4455



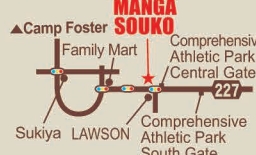
**Nago Store**  
Open: 9:00-22:00  
Ph. 0980-54-3344



**Naha Store**  
Open: 9:00-24:00  
Ph. 098-891-8181



**Awase Store**  
Open: 9:00-24:00  
Ph. 098-931-9911



All stores accept credit cards.



# Muscle Power

## An Emerging Determinant of Healthspan and Lifespan

Dr. Ceabert J. Griffith

In the past few decades, the concept of healthspan—the disease-free period of a person's life that precedes progressive health decline—has gained considerable traction as a predictor of how long a person will live (i.e., lifespan). Good healthspan largely implies the absence of noncommunicable diseases such as hypertension, coronary artery disease, chronic kidney disease, and dementia. Emerging scientific evidence suggests that skeletal muscle health is a powerful contributor to a person's healthspan and lifespan. Indeed, medical researchers have started to identify the indispensable roles of skeletal muscles, including their structural and functional contributions to overall health and wellness. Skeletal muscles represent an organ system that plays a vital role in locomotion and metabolic functions.



that sarcopenia can lead to a reduction in skeletal muscle glucose uptake and metabolic diseases like Type 2 Diabetes and hypertension. Both aerobic exercise and resistance training help regulate skeletal muscle glucose metabolism.

robust heart function. Furthermore, strengthening the calf muscles can help the failing heart regain some pumping prowess. This does not suggest that small calf muscles are the cause of heart failure; however, it does suggest that strong calf muscles are major contributors to overall cardiovascular function.

### Building and Maintaining Muscle Health

Adults typically achieve maximum skeletal muscle mass in their 40s, after which they experience a progressive decline in skeletal muscle size and strength. Age-associated reduction in skeletal muscle mass—known as sarcopenia—can be slowed, allowing individuals to maintain their mobility and agility. What are the effective strategies for ameliorating the decline in skeletal muscle mass and power over a lifespan? Exercise physiologists and nutrition professionals recommend regular resistance training, supported by adequate protein intake to mitigate age-related sarcopenia.

Before undertaking any exercise training you should consult with a healthcare provider. Working with a personal trainer offers the best option to ensure a safe exercise prescription. Engage

More Than 30 Varieties of Delicious Bread!

Smile Factory BAKERY / SWEETS

8:00-18:00  
Closed on Wednesdays

1-11-4 Kitamae, Chatan

Dog Salon - Bringing joy to your Dog

Wagging Tail Grooming Boarding Kennel

Send a message to make an appointment

098-894-5720

OPEN from 8AM Closed on Sunday

344 Sunabe, Chatan

in an aerobic activity (e.g., dancing, walking, and swimming) most days, 45-50 minutes each session. Resistance training, done three times a week, can maintain skeletal muscle mass. Calf raises strengthen calf muscles and are simple to do by standing with your feet shoulder-width apart and raising your heels so that you are standing on the balls of your feet. Foot pumps also strengthen calves and can be done by pointing your toes down towards the floor and up towards your head. Additionally, daily walking builds calf muscles.

Regarding the dietary protein needed to support muscle growth and maintenance, nutrition experts recommend approximately 1 gram of protein per kilogram (2.2 pounds) of body weight. So, an 80-kilogram (176-pound) person should consume 80 grams of protein daily.

A combination of resistance training and adequate protein intake can ensure that your skeletal muscles are powered up to support your locomotion needs, healthy glucose metabolism, and effective cardiovascular function, and support an elongated healthspan and lifespan.

## The Confessions of a Self-Hating Uncle Tom Negro

How I Became a Muslim



Mujahid Abdullah

Available  
Amazon.co.jp Amazon.com

### Locomotion

Skeletal muscles—those that help stabilize joints, maintain posture, and produce movement—is at the center of tremendous energy production and consumption. For example, the quadriceps muscles at the front of the thigh produce a tremendous amount of energy to fuel their contribution to knee stabilization, the ability to stand upright, and dynamic knee extension when standing, walking and running. To combat knee joint arthritis, rehabilitation specialists prescribe a program of quadriceps muscle strengthening to reduce knee pain by stabilizing the knee joint during various movements.

### Glucose Metabolism

The skeletal muscles are involved in the lion's share of insulin-mediated glucose metabolism. Studies show

### Cardiovascular Health

Besides their role in standing, walking, running, and other weight-bearing activities, the calf muscles are often referred to as the second heart. The powerful heart muscle pumps oxygen- and nutrient-rich blood throughout the body, including both legs. After delivering these vital substances to the lower extremities, the oxygen- and nutrient-depleted blood must make its way back up to the heart, competing with the powerful forces of gravity. Because there are no pumps in the legs to return blood to the heart, the calf muscles function as de facto pumps, defying gravity to return blood to the heart for nutrient and oxygen replenishment. Studies have shown that individuals with heart failure have smaller calf muscles than their peers with

**ABOUT THE AUTHOR:** Dr. Ceabert J. Griffith is trained in public health and family medicine and is an Adjunct Professor of Health Sciences at Touro University Worldwide. He is based in Okinawa and is the author of the recently released book *"15 Power Habits of Wellness."* and co-author of *"11 Power Habits to Defeat High Blood Pressure."* Both books can be purchased from Amazon.com.



**OFF-BASE** Please call before visit the hospital / medical clinic.

# Local Hospital & Medical Clinic **DIRECTORY**



<b>General</b>	<b>Urasoe General Hospital</b>	1-56-1 Maeda, Urasoe / 098-878-0231	<b>Emergency</b>
	<b>University of the Ryukyus Hospital</b>	1076 Kiyuna, Ginowan / 098-894-1301	<b>Emergency</b>
	<b>Chubu Tokushukai Hospital</b>	801 Higa, Kitanakagusuku / 057-098033	
	<b>Nakagami Hospital</b>	601 Noborikawa, Okinawa / 098-939-1300	

## Internist Clinic

**Life Care Clinic Nagahama** 1530-1 Nagahama, Yomitan / 098-982-9000  
**Nishihira Clinic** 2-2-2 Akamichi, Ginowan / 098-896-1116

## Eye Specialist

**Gushiken Eye Clinic** 1371-1 Gushikawa, Uruma / 098-975-1010  
**Hayakawa Eye Clinic** 2-2-2 Nodake, Ginowan / 098-893-8155

## Pediatrics

**Aiwa Clinic** 766-2 Ikeda, Nishihara / 098-946-5558  
**Matsushima Clinic** 894-2 Senaha, Yomitan / 098-958-6888

## Gynecology & Obstetrics

**OBGYN Yui Clinic** 2444-3 Noborikawa, Okinawa / 098-989-3801

## Dental Clinic

**Sunabe Smile Dental Clinic** 1-105 Miyagi, Chatan / 098-926-4618  
**Yara Dental Clinic** 2-17-6 Chatan, Chatan / 098-936-7515  
**Sakura Dental Clinic** 4-7-9 Mihara, Okinawa / 098-989-9986  
**White Dental Clinic** 813-2, Kamisedo, Chatan / 098-989-3780  
**Nakawaka Dental Clinic** 468-3 Kuwae, Chatan / 098-926-4180  
**Komesu Dental Clinic** 4-18-2 Matsumoto, Okinawa / 098-939-6123  
**Grace Dental Clinic** 364-1 Minamiuehara, Nakagusuku / 098-895-6868

## Physical Therapy

**ABC Physio** 4-9-9 Yamauchi, Okinawa City / 090-2203-9524  
**Okinawa Sports And Spinal** 1-477 Miyagi, Chatan / 050-4560-4830

# VERSES FROM THE HOLY QUR'AN

With The Name of The One True \*G-D,  
The Merciful Benefactor, The Merciful Redeemer

## Al Kahf (The Cave)

And so the two continued their journey, until, when they met a young man, (the sage) **killed** him –  
(Whereupon Moses) exclaimed: "Have you slain an innocent Human Being without (his having taken) another's life? Indeed, you have done a terrible thing!"

He replied: "Did I not tell you that you will never be able to have patience with me?"

Said (Moses): "If, after this, I should ever question you again, keep me not in your company: (for by) now you have heard enough excuses from me."

And so they traveled on, until, when they came upon some villagers, they asked them for **food**; but those (people) **refused** them all hospitality.

And they saw in that (village) a wall which was on the point of tumbling down, and (the sage) **rebuilt** it (whereupon Moses) said: "Had you so wished, surely you could (at least) have obtained some payment for it?"

(The sage then) **replied**: "This is the parting of ways between me and you. (And now) I shall tell you the interpretations of all (those events) that you were unable to bear with patience:"

[End of Part II]

\*G-D instead of God. God when spelt backwards is **dog**. This is not a proper spelling for a word, that is used for The All-Mighty Creator of the Heavens and Earth.  
\*\* WE, Ourselves, US as revealed in the Qur'an is a reference to the Angels who have been assigned by The Creator to control everything in HIS creation.



Listen to Imam  
**Yahya Abdullah**



Translation of the  
Qur'an in Japanese  
日本語訳版PDF

# VOLCANO SPICY NOODLE

## Level 1 > 1000

HOW HOT CAN YOU GO?!

# 我道 RA-MEN GADOU

11 a.m. - 9:30 p.m.  
(L.O. 9 p.m.)

2-2-11 Mihama, Chatan

OK TO-GO!  
YEN CASH / CREDIT CARD

Uber Eats

QR codes for location and social media

American Village To Kadena To Naha Camp Lester

らーめん RA-MEN

THANK YOU FOR COMING!!





**A-side**  
SMASH BURGER

1-10-15 Chuo, Okinawa-shi  
Okinawa-ken 904-0004  
TEL:098-979-7940

ONLINE ORDER



INSTAGRAM



GOOGLE MAP



**SMASH BURGER**  
OKINAWA GATE 2 STREET KOZA



**Parklife**

**Toyosaki Urban  
Park Area**  
(Tomigusuku City)

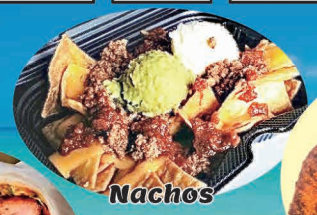


Lemonade



Churros

CHATAN Open: 8:00-22:00  
**098-926-5068**  
2-198 Miyagi, Chatan



Nachos



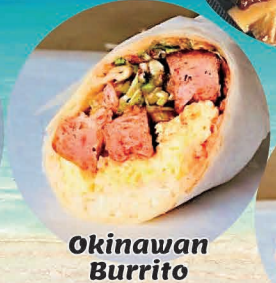
Spicy  
Chicken



Herb Chicken



Bacon Egg  
Burrito



Okinawan  
Burrito



Steak Burrito



Shrimp Burrito



Vegetable  
Burrito

OKINAWA CHATAN



ROLLUP BURRITOS

OKINAWA KOZA

NEWLY  
OPENED



Beef Burrito



Tacos



Nachos



Quesadilla



Buffalo Wings



Frozen Margarita



Mac'n Cheese



**KOZA**  
Mon-Thu: 11:00-21:00  
Fri & Sat: 11:00-26:00  
\*Sunday closed

**098-989-3883**

1-4-2 Uechi, Okinawa City



¥ Cash VISA



# NEWSPRINT

## America Strike Group Conducts Formation Sail During Talisman Sabre 25



(U.S. Navy photo by Mass Communication Specialist 2nd Class Cole Pursley)

U.S. Navy ships from the America Strike Group, led by the forward-deployed amphibious assault ship USS America (LHA 6), sail in formation with the Royal Australian Navy, Republic of Korea Navy, Royal New Zealand Navy, French Navy and Japan Maritime Self-Defense Force as part of Talisman Sabre 25, July 20. Talisman Sabre is the largest bilateral military exercise between Australia and the United States advancing a free and open Indo-Pacific by strengthening relationships and interoperability among key allies and partners, while enhancing our collective capabilities to respond to a wide array of potential security concerns.

## JMSDF Cadet Base Tour at MCAS Iwakuni



(U.S. Marine Corps photo by Lance Cpl. Tyler Bassett)

U.S. Marine Corps Capt. Bailey Smith, a F-35B pilot with Marine Fighter Attack Squadron (VMFA) 211, Marine Aircraft Group 12, 1st Marine Aircraft Wing, gives Japanese Maritime Self-Defense Force cadets a tour of a F-35B Lightning II aircraft with Marine Fighter Attack Squadron (VMFA) 211 during a base tour at Marine Corps Air Station Iwakuni, June 18. JMSDF cadets received a tour of MCAS Iwakuni's capabilities and had the opportunity to see various aircraft, including the F-35B Lightning II, KC-130J Super Hercules, and C-12 Huron.

## DPAAs conducts Okinawa honorable carry



(U.S. Navy photo by Mass Communication Specialist Seaman Lawrence Whaley III)

U.S. Army Sgt. 1st Class Sabrina Hollis, Defense POW/MIA Accounting Agency noncommissioned officer in charge, carries the U.S. flag during an honorable carry ceremony at Joint Base Pearl Harbor-Hickam, Hawaii, July 16. Possible remains, recently repatriated from Okinawa, will undergo scientific analysis and identification at the DPAA laboratory. Currently, 71,896 service members remain unaccounted for from World War II.

## Japan, Republic of Korea and U.S. conduct trilateral flight

Fighter aircraft from Japan and the Republic of Korea conducted a trilateral escort flight of U.S. bombers operating in the Pacific, July 11. Two Japan Air Self-Defense Force F-2 fighter aircraft and two ROK Air Force KF-16 Fighting Falcons escorted two U.S. Air Force B-52H Stratofortress bombers.



(Photo courtesy of the ROK AF)

The flight continues to demonstrate and train the collective ability to immediately respond to regional security challenges.

## Bilateral Fueling Ops Sustain Air Dominance During REFORPAC



(U.S. Air Force photo by Airman Hannah Bench)

Japan Air Self-Defense Force Staff Sgt. Utaka Musha, 3rd Air Wing petroleum, oil, and lubricant technician, pulls a fuel line from a JASDF refueling truck during exercise Resolute Force Pacific (REFORPAC) 2025 at Misawa Air Base, July 15. REFORPAC is part of the first-in-a-generation Department-Level Exercise series, designed to combat airpower to the Indo-Pacific region at speed and scale, and conduct operations in a contested, dynamic environment.



# Bienvenido!

Latin music, savory smoke  
and mouth-watering sip meet here!



The top floor of Depot Central Bldg. in American Village, with a pink shark by the entrance

## Okinawa's largest selection of cigars!

Premium cigars from Cuba, Dominica, Nicaragua, and elsewhere.

Welcome only to buy cigars!



Best spot to watch the weekly fireworks at 20:00 Saturday nights.

Dining and Cigar THE VERONA

Open 18:00 - 24:00 (Fri. & Sat. 17:00-02:00)

For Reservation TEL 080-4281-1650








## JOIN US FOR SUMMER MUNCHIES!



Check out these yummy events with USO Okinawa at the following locations:

Preseason Tailgate @ USO Futenma  
August 18th 11:30am - 1:00pm

National Dog Day Pup Cups @ USO Foster  
 August 26th 11:00am - 1:00pm

Labor Day BBQ @ USO Futenma  
August 29th 12:00pm - 2:00pm

Labor Day BBQ @ USO Hansen  
September 4th 11:30am - 1:00pm

Chocolate Chip Cookies @ USO Schwab  
September 9th 10:00am - 1:00pm

Vanilla Raspados @ USO Kinser  
September 9th 11:30am - 1:00pm

Cooking with Schwab @ USO Schwab  
September 11th 5:00pm - 7:00pm

For more details, please  
visit the Facebook page of  
the respective center.



## USO COFFEE CONNECTIONS

# USO OKINAWA COFFEE CONNECTIONS



USO Coffee Connections are gatherings happening around the world to connect military spouses with new friends or reconnect with old ones! Join USO Okinawa for Coffee Connections at the following locations:



Aug. 21<sup>st</sup>: USO Kinser @10:30am  
Aug. 27<sup>th</sup>: USO Futenma @10:00am  
Sept. 10<sup>th</sup>: USO Foster @10:30am

[USO.org/CoffeeConnections](https://www.uso.org/CoffeeConnections)

SPECIAL EVENT: "Cars and Coffee" Sept. 13<sup>th</sup>: USO Hansen @9:00am



## Happy BIRTHDAY!

Do you have a birthday coming up?  
Celebrate with USO Okinawa  
at the following locations:

August 21<sup>st</sup>: USO Foster

August 28<sup>th</sup>: USO Schwab

September 9<sup>th</sup>: USO Hansen

For more details, please  
visit the Facebook page of  
the respective center.



GET STARTED TODAY!

## VOLUNTEERS NEEDED

*Be a part of the legacy!*

For over 80 years the USO has been supporting our service members and their families around the world.

### We Need Help With:

- Center Support
- Program Support
- Administrative Support
- Event Support
- Content Creation



Contact your local USO for more information

USO Kinser  
USO Kadana

USO Futenma  
USO Hansen

USO Foster  
USO Schwab