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P A P E R

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OKINAWA

OCTOBER

NOVEMBER

Bulletin

THE REVIEW OF A PLACE
GINOZA FARM LAB



www.voice-paper.com

Issue 22 >>> October 8, 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

**U.S. Marines, Sailors, Japanese Ground
Self-Defense Force Members refuel AH-64
Apaches with MV-22B Ospreys**



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

A U.S. Marine with Marine Medium Tiltrotor Squadron (VMM) 262, Marine Aircraft Group 36, 1st Marine Aircraft Wing, and a Sailor with Task Force 73, Logistics Group Western Pacific, support Japan Ground Self-Defense Force members to refuel an AH-64D Apache helicopter during exercise Resolute Dragon 25 on Ie Shima, Okinawa, Sept. 19. Resolute Dragon is an annual bilateral exercise in Japan that strengthens the command, control, and multi-domain maneuver capabilities of U.S. Marines in III Marine Expeditionary Force and Japan Self-Defense Force personnel, with a focus on controlling and defending key maritime terrain.

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OKINAWA MOTOR SHOW 2025



Organizer: Okinawa City

OCTOBER NOVEMBER bulletin



NAHA

Shurijo Castle Restoration Festival
Nov 1 – Nov 3

11/1(土)・2(日)・3(月)
11:30-12:00 主殿参拝
11:20-12:00 琉球王朝参拝行列
11:30 古式行列

首里城復興祭

OKINAWA

Okinawa City Eastern Area Festival / Shionomori Fireworks
Oct 19

第22回沖縄市 東部まつり
2025.10.19(日)
10:00-18:00

潮の森大花火
2025.10.19(日)
19:00-20:40

NAHA

Okinawa Industry Festival 2025
Oct 24 – Oct 26

第49回 沖縄の産業まつり
2025 10/24(土)・25(日)・26(月)
屋内 10:00-19:00
屋外 10:00-20:00

奥武山公園・県立武道館 沖縄の産業まつり実行委員会

NAHA

Karate Day: Aims of the Commemorative Performance at Kokusai Street
Oct 26

KARATE DAY 2025
10月25日(土)
空手の日

TOMIGUSUKU

Tomigusuku Festival
Oct 18 & 19

第39回 とみぐすく祭
10/18(土)・19(日)
18:00-20:00

第10回 とみぐすく産業フェア
10/18(土)・19(日)
10:00-16:00

URASOE

Tedako Festival
Oct 18 & 19

URASOE TEDAKO MATSU RI
2025.10.18・19
10:00-17:00

NAHA

10,000 Eisa Dancers
Oct 19

YOMITAN

Yomitan Festival
Oct 25 & 26

GINOZA

Ginoza Festival
Oct 25 & 26

YOMITAN

Pottery Festival
Nov 1 & 2

読谷 ちむんとや
11/1(土)・2(日)
10:00-18:00

NAHA

Naha Great Tug-of-War Festival
Oct 12

第55回 那覇大綱引き
10/11(金)・12(土)・13(日)
10:00-18:00

ONNA

Unna Festival
Oct 11 & 12

うんぷり
10/11(土)・12(日)
10:00-18:00

CHATAN

Sunset On The Beach
Oct 11

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Foodtruck | Firework

TOMIGUSUKU

Makahiki Festival
Oct 25 & 26

10/25 (土)・10/26 (日)

会場：皇崎美ら SUN ビーチ北浜



GINOWAN

Okinawa Food Flea
Nov 15 & 16

11.15.SAT
11.16.SUN



GINOWAN

Ginowan City Industry Festival
Nov 15 & 16



NAHA

Tsuboya Pottery Festival
Nov 21 - 23

2025. 11月
21. 22. 23 (日)

午前10時～午後5時
那覇市立香屋小学校



NAHA

Ritou Fair -Okinawa Remote Islands Fair-
Nov 21 - 23

11.21. 22. 23 (日)

午前10時～午後5時
那覇セルパーク那覇



URUMA

Uruma City Industry Festival
Nov 29 & 30




Senshu University Students Visit Camp Schwab



U.S. Marines with 4th Marine Regiment, 3d Marine Division, display an Amphibious Combat Vehicle for Senshu University students during a camp tour at Camp Schwab, Aug. 28. On the tour, students learned about the history of Camp Schwab, the Marines' operations, the Amphibious Combat Vehicle, and finished by having lunch with the Marines.

(U.S. Marine Corps photo by Cpl. Jesse Davis)

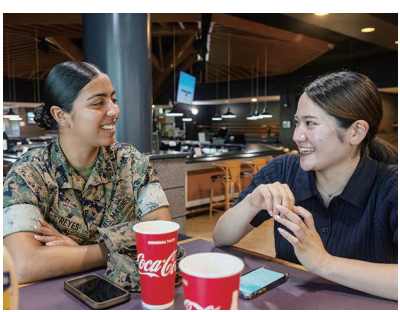
Kadena and Chatan Town partner for tsunami readiness



(U.S. Air Force photo by Senior Airman Erin Currie)
Suguru Arawak, 18th Security Forces Squadron civilian patrolman, leads a group of Chatan Town residents through the evacuation route during a tsunami evacuation exercise on Kadena Air Base, Sept. 20. In the event of a tsunami, Chatan residents' quickest route to safety is through Kadena Air Base. Coordination with the local community is essential for natural disaster preparedness and ensuring safety for all.

Students with TOFU program tour MCAS Futenma

U.S. Marine Corps Sgt. Marithza Reyes, a motor transport operator with Headquarters and Headquarters Support Squadron, Marine Corps Air Station Futenma, talks to students with the Think of Okinawa's Future in the United States program, during a tour at MCAS Futenma, mid-August. MCAS Futenma officials gave a tour of the air station to students with the TOFU program to familiarize them with the flight line's activity and the impact it has for local community residents in Ginowan City.



(U.S. Marine Corps photo by Lance Cpl. Brody Robertson)

U.S. Marine and Japan Ground Self-Defense Force bands preform at the 28th Annual Friendship Through Music Concert



U.S. Marines with the III Marine Expeditionary Force (MEF) Band and soldiers with the Japan Ground Self-Defense Force 15th Brigade Band exchange gifts before the 28th Anniversary of the Friendship Through Music Concert at the Okinawa Convention Center, Aug. 31. The concert celebrated the long-standing friendship between the two bands, featuring individual performances and a combined ensemble.

(U.S. Marine Corps photo by Lance Cpl. Eadan Avramidis)

US national 18U baseball team tours MCAS Futenma

The United States national 18U baseball team poses for a photo with U.S. Marines on Marine Corps Air Station Futenma, Sept. 3. The team toured MCAS Futenma before the 2025 U-18 Baseball World Cup.



(U.S. Marine Corps photo by Lance Cpl. Carlos Paz-Sosa)

NOW SHOWING

Tron: Ares

The long-awaited sequel to *Tron*, the world's first feature-length film to fully embrace CGI and pave the way for a new era of visual entertainment.

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Starring Jared Leto

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Spartan Race in Okinawa 2025



On Saturday, November 15, 2025, the world-renowned obstacle race event Spartan Race in Okinawa will take place at Toyosaki Seaside Park's Chura SUN Beach in Tomigusuku City.

The Spartan Race is the world's premier obstacle course race, held in more than 40 countries with over 170 events each year. Since its debut in Japan in 2017, it has been hosted across the nation, attracting elite athletes, first-time challengers, and even families. Its inclusive, high-energy spirit has steadily gained popularity year after year.

This will be the third time the race is held in Tomigusuku. Surrounded by Okinawa's stunning ocean and sky, the course makes full use of the natural terrain and sandy beaches, creating a unique and exciting challenge that draws participants eager to "push beyond their limits."

About Spartan Race

The *Spartan Race* was born in the United States in 2010 and has since grown into one of the world's largest obstacle course races. Participants push themselves to

the limit as they run, climb, crawl, and carry their way through a variety of obstacles. It's not only a test of physical strength but also of mental toughness and teamwork—truly the ultimate challenge.

Since its debut in Japan in 2017, the race has continued to be held nationwide. Events are divided into three categories of increasing difficulty, allowing competitors of different ages and goals to take part:

- **SPRINT:** approx. 5 km with 20 obstacles
- **SUPER:** approx. 10 km with 25 obstacles
- **BEAST:** approx. 21 km with 30 obstacles

Spartan Kids Race

In addition, the Spartan Kids Race is open to children ages 4 to 14. The course is designed with distances and obstacles tailored to each age group, giving kids the chance to stay active while experiencing both fun and a sense of achievement.

As a family-friendly event, it has become especially popular among parents and children who want to enjoy the Spartan spirit together.



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OKINAWA 2025.11.15 SAT

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SPRINT /
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SCAN ME

KLI students intern at Kadena

Kadena Language Institute students participate in a four week internship program at Kadena Air Base, Aug. 27. This year marks the 26th year of cultural collaboration through the internship program between a local language institute and the military and civilian personnel at Kadena.



(Courtesy photos by Tetta Koja)

VERSES FROM THE HOLY QUR'AN

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

Al Mu'minoon (The Believers)

It is HE (The Creator), Who has created for you (your)
hearing, sight, feelings and understanding:

Little thanks do you give (Him).

And HE has multiplied you throughout the Earth, and
to HIM shall you (all) be gathered back. It is HE Who
gives Life and Death, and to HIM (is due) the change
of Night and Day: Will you not understand?

On the contrary they say the same things as what the
people in the past said.

They say: "What! When we die and become dust and
bones, could we really be raised up again?"

"Such things have been promised to us and to our
fore-fathers before!

They are nothing but fairy-tales (stories) from the
past!"

Say (in response to them): To whom belong the Earth
and all beings therein? (Answer) if you know!"

They will answer: "To G-D!"

Say (to them) "Yet will you not receive warning?"

[End of Part I]

*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
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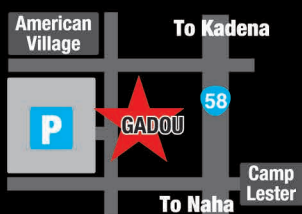
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(L.O. 9 p.m.)

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Camp Foster hosts Lanterns for Life for Suicide Prevention Month



Festivalgoers hold memorial lanterns during the Lanterns for Life Festival at Camp Foster, Sept. 20. The festival welcomed all base personnel to take part in Lanterns for Life to raise awareness for suicide prevention.



U.S. service members and civilian personnel release lanterns during the Lanterns for Life Festival at Camp Foster, Sept. 20.

(U.S. Marine Corps photos by Lance Cpl. Joseph Kreis)

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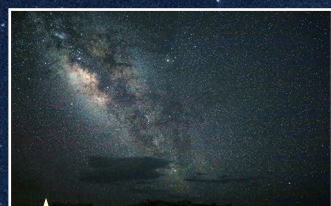
★1 Ishiyama Observatory



★ 2 Cape Hedo



★3 Kunigami Forest Park



★ 4 Kayauchi Banta Cliff



★ 5 Kouri Island



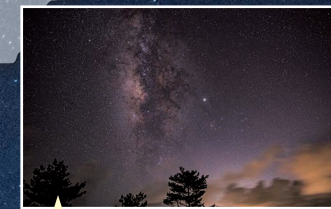
★ 6 Cape Manzamo



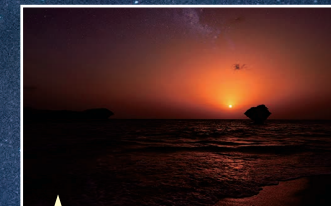
★ 7 Cape Zanpa



8 Hamahiga Island



★ 9 Kanucha Resort



★ 11 Toguchi Beach



★13 Chinen Cape Park

ORIONIDS
Oct 21 – 22

LEONIDS
Nov 16-17



GEMINIDS
Dec 13 – 14

URSIDS
Dec 21 – 22

3d Marine Division Trains with NMESIS in Okinawa

Story by 2nd Lt. Joshua Figueredo
3d Marine Division



U.S. Marines with 3d Marine Division execute a notional fire mission with the Navy-Marine Expeditionary Ship Interdiction System during an Expeditionary Advanced Base Field Training Exercise at the Central Training Area, Camp Hansen, July 28.

(U.S. Marine Corps photo by Cpl. Lucas Lu)

CAMP COURTNEY – In its next step toward Force Design modernization, 3d Marine Division is currently training with the Navy/Marine Corps Expeditionary Ship Interdiction System (NMESIS) at

various locations across Okinawa. The NMESIS provides the Division with enhanced sea control and sea denial capabilities, deepens naval integration, and strengthens deterrence by extending the Joint

Force's ability to target and engage from land.

This marks the first time Division maneuver elements trained with the NMESIS aboard

(Continued on page 22)

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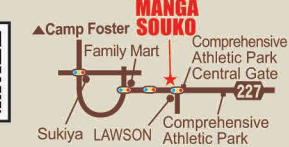
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(Continued from page 20)

Marine Corps installations on Okinawa, rehearsing operations to secure and defend key maritime terrain while increasing system proficiency.

During the on-island training, the 12th Medium-Range Missile (MMSL) Battery, 12th Marine Littoral Regiment, 3d Marine Division, with support from 3d Marine Littoral Regiment, focused on refining critical operational usage, including launcher survivability and

executing notional fire missions. This training offered an opportunity for the 12th Littoral Combat Team (LCT) to conduct distributed command and control in a contested and degraded environment while coordinating with elements across the LCT for the protection of high-value assets, such as the NMESIS, through the execution of an Expeditionary Advanced Base Operations exercise and the establishment of a fires node in support of maritime interdiction missions.

"These training opportunities with the NMESIS validated the effectiveness of our collaborative defensive architecture," said Capt. Kurt James, the 12th MMSL battery commander. "We refined our ability to coordinate responses to potential threats, reinforcing our commitment to regional

security."

3d Marine Division formally received the NMESIS Nov. 26, 2024. The system first arrived to Okinawa, July 10, 2025. The NMESIS is a ground-based offensive anti-ship missile system, used in sea denial and littoral protection to offer a highly mobile and rapidly deployable island defense solution. By providing a mobile, long-range, and precise anti-ship capability, NMESIS strengthens the Navy-Marine Corps team's ability to protect critical waterways and project power from ashore. The system provides critical capabilities for rapid deployment and improved interoperability with allies and partners. 3d Marine Division routinely moves assets to maintain a high degree of operational readiness and ensure regional deterrence, contributing to our overall mission of maintaining peace and stability in the Indo-Pacific.



U.S. Marines with 3d Marine Division offload a Navy-Marine Expeditionary Ship Interdiction System at Naha Military Port, July 10.

(U.S. Marine Corps photo by Lance Cpl. Rodney Frye)

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Okinawa Soba (Okinawa Noodles)

Okinawa Soba is the island's signature noodle dish, different from Japanese soba made of buckwheat. Thick, wheat-based noodles are served in a savory pork and bonito broth, topped with sliced pork belly (sanmai-niku), soft pork rib cartilage (nankotsu), fish cake, and green onions. Simple yet hearty, it showcases Okinawa's unique blend of local and Japanese flavors. Traditionally enjoyed at gatherings and festivals, it is so beloved that October 17 is celebrated as Okinawa Soba Day, honoring this comforting dish.

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Uber Eats

The Gut Microbiome

It's Emerging Role in Health and Disease

Dr. Ceabert J. Griffith

In the past two decades, the gut—comprised of the stomach and approximately 15 feet of small and large intestines—has emerged as a major organ linked to the optimal function of every organ system, including the brain, heart, immune system, kidney, and skin. The foundation of the gut is its microbiome—the more than 1000 different species of bacteria, viruses, fungi, and protozoa that play critical roles in health and disease. According to the Centers for Disease Control and Prevention, human health and disease can be traced to the interplay between these “friendly” microbes and your biology. For example, an imbalance of gut microbes (dysbiosis) is linked to male and female infertility, autoimmune disorders, acne, and obesity. Conversely, a healthy gut microbiome can support brain health and prevent dementia. What can you do daily to preserve a healthy gut microbiome?

Digestive System Health

A healthy gut microbiome helps extract nutrients from foods and optimizes nutrient absorption. The gut is responsible for breaking down complex carbohydrates to produce short-chain fatty acids that support colon health. Additionally, a healthy gut microbiome produces essential vitamins like Vitamin K and the B-vitamins that serve as catalysts in thousands of metabolic activities throughout the body. An unhealthy diet and the use of antibiotics can negatively impact the gut microbes and interfere with digestion.

Immune System Health

The gut houses an estimated 80% of our human immune system, making it our largest immune organ. A healthy balance of intestinal microbes strengthens the immune system, helping it to stave off everything from the common cold to some cancers.

Brain and Mental Health

The gut-brain axis—a unique network of nerves and neurotransmitters linking the gut and brain—has garnered the attention of medical researchers, and much has been written about this bidirectional relationship. Gut bacteria communicate with neurons of the enteric nervous system to send signals to the brain via the vagus nerve. Recent research implicates dysbiosis in memory loss, mood disorders, and cognitive dysfunction.

Metabolism and Body Weight

Scientists have linked dysbiosis to weight gain via dysfunction in nutrient extraction. An alteration in the proportion of gut *Bacteroidetes* and *Firmicutes* can lead to the development of obesity. On the other hand, a diverse gut microbiome, aided by a high fiber diet, has been shown to facilitate weight loss.

Cardiovascular Health

The gut is a major player in lipid (e.g., cholesterol) metabolism. Some cases of hypertension, heart failure, and stroke can be traced to an unhealthy gut microbiome and poor lipid metabolism. Strategies that strengthen gut health can also improve cardiovascular health.

Skin Health

Shared pathways inextricably link the gut and skin. Skin ailments such as acne and eczema can be traced to poor gut health. Strategies that improve the gut microbiome can help fight some cases of acne and eczema.

Strategies for Achieving a Healthy Gut Microbiome

Poor gut health can cause fatigue, bloating, skin disease, weight gain, and autoimmune disorders. Like other organs, a healthy lifestyle can restore gut health. The following strategies have been shown to improve a healthy

gut microbiome:

- A healthy diet that includes unprocessed foods, whole grains, legumes, fruits, and vegetables fosters gut health. Fermented foods such as yogurt, kefir, sauerkraut, and kimchi can improve the gut microbiome. Hydration is an essential element of a healthy diet and a contributor to a healthy gut microbiome. Prebiotics in the form of fiber and probiotics can contribute to improved gut health.
- Daily physical activity (e.g., 8,000-10,000 steps measured by a step counter) can contribute to a diverse and balanced gut microbiome.
- Good quality and quantity of sleep can facilitate gut health. Aim for 7 to 8 hours each night, even on weekends.
- Stress management (via mindfulness, meditation, and breathwork) improves gut health by reducing stress-related hormones and inflammation.
- Work with your medical provider to limit unnecessary antibiotics that can kill healthy gut microbes and contribute to microbial imbalance.

The author thanks Joaima Darag for her research and editorial assistance with this article.

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.

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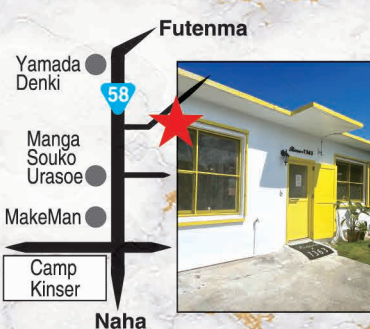


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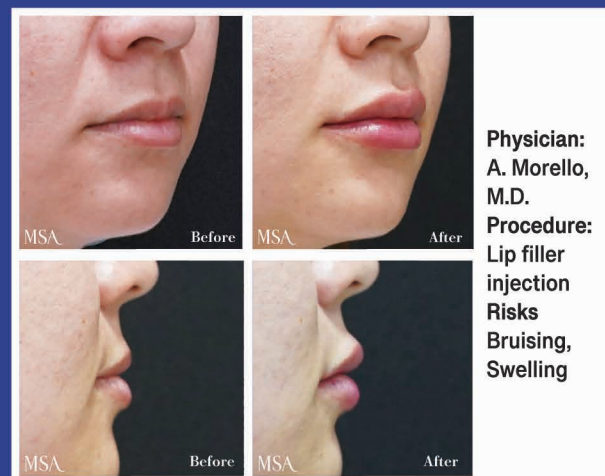
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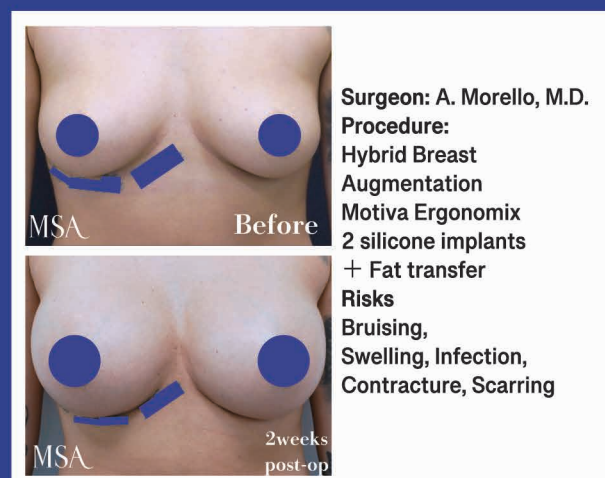


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Brief Background

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.

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NEWSPRINT

911 Patriots Day – work out to remember –



(U.S. Army photo by Kei Sasaki)

Hundreds of Soldiers and community members participated in the 9/11 Workout to Remember event Sept. 11 at Yano Field on Camp Zama, Japan. A rainbow hung in the sky before the event, and the American flag hung from the ladder of a Directorate of Emergency Services fire truck next to Yano Field.

The event, held on the 24th anniversary of the attacks, paid tribute to those who lost their lives, while incorporating a fitness and resiliency aspect.

Participants divided into groups and completed nine fitness events, doing 11 reps at each station. Following that, the group completed two laps around the Yano Field track, or approximately 2,001 steps.

The event concluded with closing remarks from U.S. Army Garrison Japan Commander Col. Erik Davis, a moment of silence, and the ringing of a memorial bell.

Atago Hills Friendship Flea Market



(U.S. Marine Corps photo by Lance Cpl. Donald Dugger)

Local members of the community walk around and interact with various vendors during a “friendship flea market” at the Atago Sports Complex, Iwakuni, Sept. 7. The friendship flea market offered an opportunity for local Japanese and American residents to come together in a culturally enriching environment, purchase, sell, and exchange handcrafted and unique items.

13th Fighter Squadron’s F-16 Divestment



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

U.S. Air Force Capt. Jacob Willenbrock, 14th Fighter Squadron F-16 Fighting Falcon pilot, and Senior Airman John Durkin, 13th Fighter Generation Squadron crew chief, complete pre-flight inspections before divestment at Misawa Air Base, Japan, Sept. 2. The 13th Fighter Squadron’s former aircraft are being relocated as part of a \$10 billion modernization plan to strengthen the U.S.-Japan Alliance. The implementation of F-35 Lightning IIs in the place of F-16s provides the Misawa Air Base’s joint ground forces freedom from attack and freedom to maneuver while simultaneously holding the adversary’s most heavily defended targets at risk.

CFAY Chief Selects and JMSDF Participate in COMREL



(U.S. Navy photo by Mass Communication Specialist 2nd Class Dyxan K. Williams)

U.S. Navy Chief (Sel.) Aerographer’s Mate Samantha K. Hill, assigned to Naval Oceanography Anti-Submarine Warfare Center Yokosuka, cleans the deck aboard the decommissioned Japanese battleship Mikasa during a bilateral community relations event alongside members of the Japan Maritime Self-Defense Force in Yokosuka, Japan, Sept. 6. The battleship was the flagship of Adm. Heihachiro Togo, commander in chief of the Japanese Combined Fleet during the Russo-Japanese War.

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Trunk-or-Treat @ USO Kinser
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Horror Movie Trivia & Costume Contest @ USO Foster
October 24th 6:00pm - 9:00pm

Trunk-or-Treat @ USO Schwab
October 25th 4:00pm - 6:00pm

Tactical Trunk-or-Treat @ USO Hansen
October 31st 9:00am - 12:00pm

Halloween Harvest @ USO Futenma
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Tailgate Fridays @ USO Futenma
October 24th 11:30am - 1:00pm



Yakisoba @ USO Schwab
October 29th 11:00am - 1:00pm



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