

VOICE

PAPER

FREE

November ★ December Bulletin

THE REVIEW OF A PLACE
EMILY'S SANDWICH



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Issue 23 >> November 12, 2025



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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 Parachute Operations on the island



(U.S. Marine Corps photo by Cpl. Alora Finigan)

U.S. Marines with Force Reconnaissance Platoon, Maritime Raid Force, 31st Marine Expeditionary Unit, conduct a freefall jump during parachute operations training over Okinawa, Sep. 26. The Marines conducted the training to maintain and improve their parachute insertion skills. The 31st MEU, the Marine Corps' only continuously forward-deployed MEU, provides a flexible and lethal force ready to perform a wide range of military operations as the premiere crisis response force in the Indo-Pacific region.

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広告掲載のお問い合わせは
voice.paper.okinawa@gmail.com

NOVEMBER DECEMBER bulletin



KADENA

Kadena Rock Festival

12.06 SAT 07 SUN 入場無料
11:00-20:00 道の駅かでな

出演アーティスト発表は
各演者の出演日やタイムテーブル等は
後日の発表となります。

SSD
INDIAN-HI
メカジジ
メカジジ
OFFSEASON
KITOKA
GO BANANAS

OKINAWA

Okinawa International Carnival

Nov 22

NAHA

Ritou Fair (Remote Islands Fair)

Nov 21 - 23

CHATAN

Chatan Town Industry Festival

Dec 6 & 7

GINOWAN

Okinawa Food Flea

Nov 15 & 16

AT GINOWAN MARINA
11.15 SAT 12:00-21:00
11.16 SUN 12:00-18:00

KIN

Kin Young Power Festival

Nov 23

NAHA

Tsuboya Pottery Festival

Nov 21 - 23

NAHA

Rikujisai - Japan Ground Self-Defense Force Festival

Nov 29 & 30

OKINAWA

Vegan Food Fest

Nov 30

2025.11.30(SUN)
11:00-18:00
@ PLAZA HOUSE SHOPPING CENTER

URUMA

Uruma City Industry Festival

Nov 29 & 30

NAHA

JASDF Air Festa

Dec 14

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The legendary sci-fi franchise that has captivated audiences worldwide returns with its latest chapter. This time, the story turns the tables—portraying the Predator, the galaxy's most dangerous warrior equipped with advanced weaponry, not as the enemy, but as the main character. A bold new perspective that redefines the Predator saga.

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Cast: Elle Fanning

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URUMA

Okinawan Lion Dance Festival Nov 23

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メーサー

11.23 大正時代



NANJO

Nanjo City Festival Nov 16

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11/16 会場: 南城市公共駐車場 (南城市中央通り)

12:00 開演



NAGO

Nago Festival Nov 29

名護まつり

11/29 会場: 名護市立中央公園 (名護市中央通り)

12:00 開演



NAHA

Craft Beer Festival 2025 Nov 29 & 30

NAHA LOCAL CRAFT BEER FESTIVAL 2025

11.29-30 会場: 南城市公共駐車場 (南城市中央通り)

12:00 開演



GINOWAN

Ginowan Hills Dori Music Festival Nov 30

音祭
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11/30 会場: 普天間門前広場 (11:00-20:00)



NAHA

Shuri Morning Market Nov 16

首里の朝市

11.16 7:00-12:00 会場: 首里城公園芝生広場



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THE REVIEW

OF A PLACE



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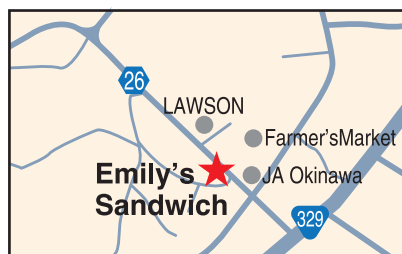
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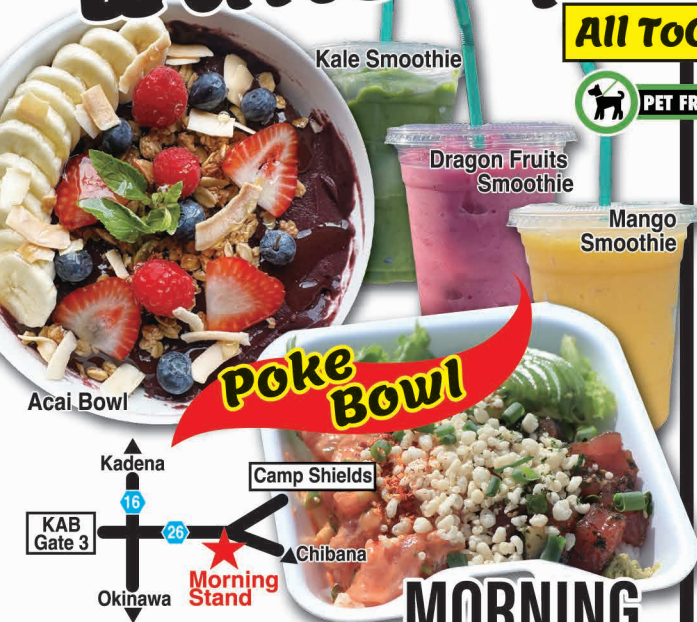
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Map locations: Sunabe, Hamagawa Elementary School, San-A, Taco Petes Okinawa, Sea Wall.

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Map locations: Cape Maeda, ONNA, Maeda, Cape Zampa, Nagahama, YOMITAN, Kadea Air Base.

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THANK YOU FOR COMING!

らーめん RA-MEN

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)

Say (to them): Who is The Lord-Creator of the Seven
Heavens, and The Lord-Creator of the Throne Supreme?"

They will respond, "(They belong) to G-D."

Say: Will you not then be filled with awe (reverence)?"

Say: "Who is it in whose Hands is the governance of
everything – WHO protects (everyone), but is not
protected (by any)? (Say) if you know?" They will (then)
say, To G-D." Say: "Then how are you (so) deceived?"

****WE have sent them the Truth: But they indeed practise
Falsehood! No son did G-D father, nor is there any god
along with HIM:**

(If there were multiple gods), behold, each god would
have taken away what he had created; and some would

have lorded it over others.

Glory to The One True G-D! (HE is free) from the things
they attribute to HIM. HE knows what is hidden and what
is open: Too high is HE for the partners they attribute to
HIM.

Say: "O my Guardian-Lord! If you will show me (during
my life), that which they are warned against – "Then, O
my Lord-Creator put me not amongst the people who do
wrong!"

And WE are certainly able to show you (in fulfillment) that
against which they are warned.

[End of Part 2]

*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.



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Yahya Abdullah



Translation of the
Qur'an in Japanese
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	University of the Ryukyus Hospital	1076 Kiyuna, Ginowan / 098-894-1301	Emergency
	Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
	Nakagami Hospital	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
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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

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LEG CRAMPS

Lifestyle Strategies for Managing a Common Public Health Condition

Dr. Ceabert J. Griffith

The legs are powered by groups of muscles that alternatively contract and relax to produce movement. These muscles are subject to cramping—involuntary contractions that are painful and can last for a few seconds to a few minutes. Most leg cramps involve the calf muscles. Leg cramps can range from mild to severe and may occur while awake or asleep. There is no clear consensus on the cause of leg cramps, but experts offer several theories for involuntary

muscle cramps. Suggestions range from fatigue to nutritional deficiency. Another suggestion is the position of the foot that points down during sleep that can negatively impact proper nerve stimulation of the leg muscles. But leg cramps can result from potentially more severe medical conditions such as spinal stenosis, venous insufficiency, restless leg syndrome, liver disease, kidney disease, and even the side effects of some medicines.



According to the Centers for Disease Control and Prevention, an estimated 50-60% of Americans suffer from muscle cramps. Many suffer in silence, assuming that nothing can be done to manage these random symptoms. But this ubiquitous public health problem is amenable to a few time-honored strategies. What can you do daily to prevent disabling leg cramps? Besides taking medications, what lifestyle strategies can you use to manage recurrent leg spasms?

Medical Evaluation

The first strategy is to get evaluated by your primary healthcare provider. Because a wide range of health conditions can cause recurrent leg cramps—

some serious—it is essential to discuss your symptoms with a qualified health professional. The medical literature is replete with cases of individuals who assumed that their recurrent leg cramps were brought on by relatively innocuous conditions, only to find out that their symptoms represented severe health conditions.

Regular Physical Activity

Physical fitness is an indispensable part of overall health and wellness. Physically active individuals have healthier muscle function than their sedentary counterparts. Studies have shown that daily walking and reducing time spent sitting can strengthen calf and other leg muscles and

can also reduce the frequency of leg cramps. In addition to regular aerobic activity, a daily stretching program can effectively enhance leg muscle health and function.

Healthy Eating

The foods we eat biochemically impact every cell and organ in the body—including the musculoskeletal system. A diet rich in potassium, magnesium, and calcium can improve muscle function and reduce muscle fatigue and cramps. On the other hand, studies using nutrition supplements have shown mixed results in relieving leg cramps.

Adequate Hydration

An estimated 65-75% of the adult human body is water. Water

serves many crucial functions, including regulating body temperature, lubricating joints, and facilitating most biochemical processes, including optimal muscle function. Adequate hydration enables the delivery of oxygen and nutrients to working muscles, as well as the removal of waste products.

There are many ways to ensure that you are getting enough fluids daily. The most popular method is to drink eight 12-ounce glasses of water daily. Another way to ensure adequate fluid intake is to drink enough to produce clear urine throughout the day. Finally, you can drink enough healthy fluids to make you urinate every 3 to 4 hours while awake.

Maintain A Healthy Body Weight

Overweight and obesity can affect blood circulation in the legs. Poor circulation robs the muscles of vital nutrients and impedes the removal of waste products. This toxic combination can stymie muscle function and resilience.

Massages and Hot Soaks

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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 are available from Amazon.com.

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eyelash/eyebrow
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SPA THE KUHORO
PRINCE

Couple Body Treatment 70 min
(complimentary 10-min Carbonated Head Spa)
¥35,800 (for two) incl. tax
Available: Oct 1 – Dec 31, 2025

70-min aromatherapy with Okinawan organic shell ginger oil and floral scents, plus a complimentary carbonated head massage.

Guests also have access to the spa area, including the large public bath. Please note that the stone sauna, regular sauna, and pool on the 2nd floor spa area require swimwear and are open to all genders.

Prince Hotel
Okinawa Ocean View Ginowan

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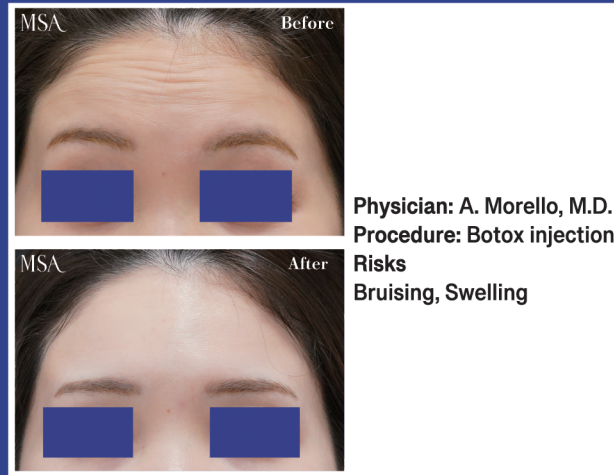
Bianca Okinawa
Nail • Eyebrow • Eyelashes

Mihama
Ph. 098-987-8933
Makai Resort Chatan 1F, 51-1 Mihama, 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

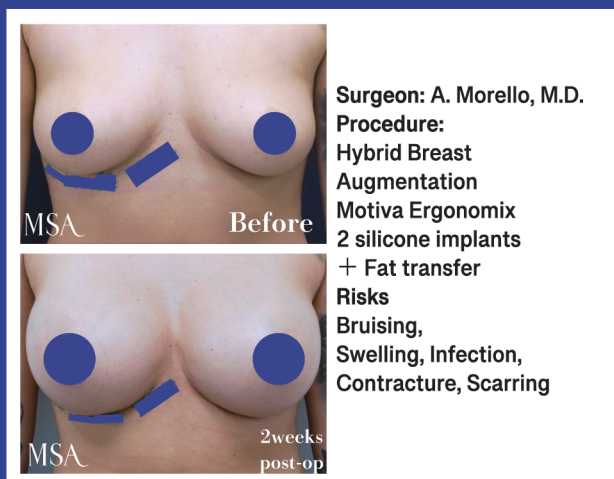
Newly Opened in Naha



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.



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

Morello Surgical Arts

English / Japanese Doctor-led Consultations
Morello Surgical Arts

Open 9:00 - 18:00 (last call 17:30)

Consultations are free

Boogie Building 5F, 4-9-10 Omoromachi, Naha city, Okinawa

Google Map Coordinates: 26.22745560560828, 127.69633151384167

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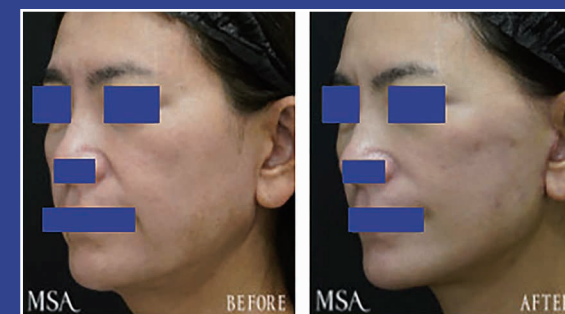


Dr. Austin Morello

Morello Surgical Arts (MSA) is a boutique cosmetic & plastic surgery clinic in Naha, Okinawa. We provide free, doctor-led consultations in English and Japanese with Dr. Austin Morello.

Our specialties include precision fillers (botox, hyaluronic acid), rhinoplasty (nose surgery), and facelifts using deep-plane concepts. We also offer Rejuran, Juvelook, HIFU, RF tightening, and laser/peel options for tone and texture.

Expect natural-looking results, clear risk/benefit discussions, and staged plans that fit your timeline.

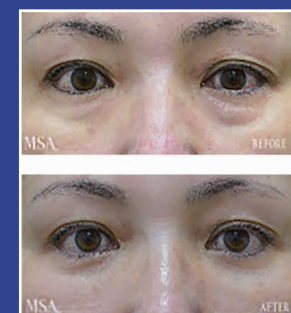


Extended Deep Plane Facelift

Natural looking rejuvenation with minimal downtime (1 - 2 weeks).
Facial contour revitalization.

Risks

Bruising, Swelling, Pain, Scars, Temporary sensory loss, Temporary facial nerve weakness

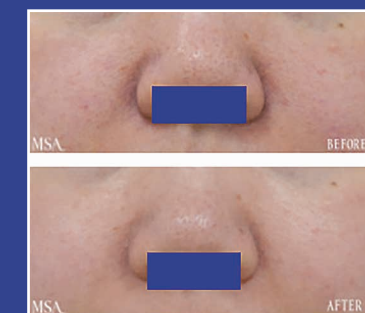


Eye bag surgery (Fat repositioning)

Natural looking rejuvenation with minimal downtime (1 - 2 weeks).

Risks

Bruising, Swelling, Pain



Skin Treatment (Rejuran, Volhewrmer)

Refined pores, skin tone, and vitality. Downtime (2 - 3 days).

Risks

Bruising, Swelling, Pain



The Bespoke Concierge for Beauty and Youth BLAZE CLINIC

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- Facial wrinkles
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Mounjaro is a safe weekly weight-loss injection that:



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3 Easy Steps to Get Started



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— Step 2 —
Consult a Doctor



— Step 3 —
Get Medication

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Weekdays: 9:30 - 19:00

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

*Closed irregular days



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Shell Ginger & Citrus Depressa

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Beauty ingredients are extracted from 8 types of plants and fruits of Okinawa using a special process.



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Lime & Palmarosa



妃 KISAKI
Ylang-ylang & Citronella



果実 KAJITSU
Lemon Grass & Citrus Depressa



太陽 TI-DA
Lavender & Bergamot



森 MORI
Shell Ginger & Eucalyptus



花 HANA
Rose Geranium & Palmarosa



祭 MATSURI
"Kachashi" (Okinawa Dance)



海 UMI
Eucalyptus & Spearmint



夜 YORU
Chamomile & Lavender

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Bloom Better Life celebrates Okinawa's beauty and wellness – bringing a touch of radiance, health, and confidence to your everyday.

Okinawa Beauty Selection



Chatan American Village Gallery Shop



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FREE

BLOOM

Better Life

*Love, Live,
Bloom Your Life*

Okinawa Beauty Selection SuiSavon



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November 12, 2025

