

Your Island Source for Military Life

FREE

VOICE

PAPER

2025 SPECIAL COLLECTOR'S EDITION

Complete "The Review" 2025

Featuring Okinawa's Top Spots
Museums • Waterfalls
Starry Skies • Holiday Lights



www.voice-paper.com

Issue 24 >> December 10, 2025

Lunch & Sweets Buffet

THE SNOWY & the WITCH'S MIRROR
A Sweet Tale of Snow White

SUN **P.H.**
SAT **MON**

2025 10/4 SAT — **2026 1/12 MON**

DoubleTree by Hilton Okinawa Chatan Resort (2F)
Restaurant "MaTiira"

43 Mihami Chatan-cho Nakagami-gun Okinawa 904-0115, Japan
TEL 098-901-4600 FAX 098-901-4601
TIME 12:00~14:30 PRICE Adult ¥4,500/Child ¥1,500 [6-12]
* L.O. 13:45 * Price includes tax and service charge

MaTiira
Restaurant

DOUBLE TREE
by Hilton®
OKINAWA CHATAN RESORT



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 **Airpower out of MCAS Futenma**



(U.S. Air Force photo by Airman 1st class Karina Lopez)

U.S. Air Force pilots from the 4th Expeditionary Fighter Squadron, deployed to Kadena Air Base, board F-35A Lightning II's for a mission during BH 26-1 at Marine Corps Air Station Futenma, Nov. 5. Located near U.S. Marine Corps Camp Foster and Kadena, Futenma provides premiere air support for Marine Corps Forces Pacific, working with U.S., joint, combined, and allied forces to deter aggression, respond to crisis or contingency operations, and sustain readiness within the region.

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



USO OKINAWA

Holiday Munchies & Festivities

Gift Wrapping Station @ USO Foster
December 1st - 25th 10:00am - 6:00pm

Crafty Kids - Snowman Craft @ USO Kinser
December 2nd 2:30pm - 3:30pm

Tomato Soup & Grilled Cheese @ USO Schwab
December 3rd 11:00am - 1:00pm

Cookies & Cocoa @ USO Foster
December 5th 11:30am - 1:00pm

Cocoa Corner @ USO Schwab
December 9th 11:00am - 3:00pm

Tasty Tuesday - Very Merry Brunch @ USO Kinser
December 9th 11:30am - 1:30pm

BBQ Sweet Meatballs @ USO Schwab
December 10th 11:00am - 1:00pm

Pancake Brunch @ USO Schwab
December 17th 11:00am - 1:00pm

Cookies & Cocoa @ USO Hansen
December 19th 11:00am - 1:00pm

End of Year Luau BBQ @ USO Futenma
December 19th 12:00pm - 2:00pm

Open Mic & Karaoke Night with Ugly Sweater Contest @ USO Hansen
December 19th 5:00pm - 9:00pm

A Taste of Home - Friendsmas @ USO Schwab
December 24th 11:00am - 1:00pm

Xmas Eve Pancakes @ USO Hansen
December 24th 11:00am - 1:00pm

Christmas Eve Luncheon @ USO Foster
December 24th 11:30am - 1:00pm

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



1st MAW demonstrates combat power during “elephant walk” on MCAS Futenma



(U.S. Marine Corps photo by Cpl. Jeremiah Barksdale)
U.S. Marine Corps aircraft and vehicles with 1st Marine Aircraft Wing stage on the runway at Marine Corps Air Station Futenma, Oct. 24. 1st MAW performed an elephant walk to demonstrate combat power and a show of force.

U.S. Marines join family of Private Dale Hansen to dedicate monument in his honor



U.S. Marine Corps Col. Joshua Mayoral, the commanding officer of III Marine Expeditionary Force Information Group and the camp commander of Camp Hansen, and members of the Hansen family observe a monument during an official visit honoring Pvt. Dale Hansen at Camp Hansen, Oct. 16. The visit, coordinated by Marine Corps Installation Pacific and the Camp Hansen commander, included the dedication of a monument to Hansen's legacy, with his family present to honor his memory alongside the Marines and local community.

U.S. Marines join Okinawa community for annual Moon Festival



(U.S. Marine Corps photo by Cpl. Meshaq Hylton)

Okinawa International University Students visit Camp Kinser



U.S. Marine Corps Col. Paul B. Bock, center, commanding officer, Combat Logistics Regiment 37, 3rd Marine Logistics Group and students with the Okinawa International University pose for a photo during a class field trip at Camp Kinser, Nov. 6. The field trip allowed students to tour the base's historical museum and discuss the importance of the Marine presence in Okinawa.

374 AW Airmen Mobilize to Support Philippine Disaster Relief Efforts after Typhoons Kalmaegi and Fun-Wong

U.S. Air Force Airmen assigned to the 374th Airlift Wing prepare to board a C-130J Super Hercules in preparation of foreign disaster relief operations at Kadena Air Base, Nov. 11. At the request of the Government of the Philippines, the U.S. military is working alongside the Armed Forces of the Philippines to provide foreign disaster relief support to communities affected by consecutive Typhoons Kalmaegi (Tino) and Fung-Wong (Uwan), which caused extensive damage and tragic loss of life. Members of the 374 AW rapidly mobilized a Logistics Quick Reaction Force and tactical airlift to deliver relief supplies.



(U.S. Air Force photo by Staff Sgt. Spencer Tobler)

USO COFFEE CONNECTIONS



USO.org/CoffeeConnections

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:



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 Kadena

USO Futenma
USO Hansen

USO Foster
USO Schwab

NAHA



JASDF Air Festa
Dec 14

GINOWAN



Kyushu Correctional Products Fair
Dec 13 & 14

CHATAN



Belly Dance Show
Dec 28

CHATAN



Countdown Laser Show & DJ Event
Dec 31

URUMA



Okinawa Saxophone Fes
Jan 4

URASOE



Hawaiian Artist SHINGII展
Paris Louvre Carousel Homecoming Exhibition
Jan 14 – 18

NOW SHOWING

Avatar: Fire and Ash

The legendary series that holds the world's No.1 and No.3 box-office records returns! Experience the ultimate 3D spectacle as Pandora's fate unfolds in an epic battle of fire, vengeance, and survival between humans and the Na'vi. A new legend is born this winter.

Director, Producer & Screenwriter: James Cameron
Cast: Sam Worthington, Zoe Saldana, Sigourney Weaver, Oona Chaplin

IN THEATERS DECEMBER 19, 2025

CINEMA RYCOM, MIHAMA 7 PLEX, CINEMA Q, SOUTHERN PLEX



12月19日(金)劇場公開

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NEWSPRINT

U.S. and Japan enhance ACE capabilities at Kadena



(U.S. Air Force photo by Senior Airman Erin Currie)

9 EBS departs for fifth mission



(U.S. Air Force photo by Senior Airman Emma Anderson)

U.S. Air Force aircrew assigned to the 9th Expeditionary Bomb Squadron walk toward a B-1B Lancer assigned to the 9th EBS during a bomber task force deployment at Misawa Air Base, Japan, Nov. 3. BTF missions demonstrate achieved interoperability in support of a free and open Indo-Pacific, showcasing Pacific Air Forces' ability to deter, deny, and dominate adversary or competitor influence and aggression.

Active Shield 26



(U.S. Marine Corps photo by Sgt. Daniel Guerrero)

A Japan Ground Self-Defense Force member with 17th Infantry Regiment, 13th Brigade, Middle Army, gives instructions to JGSDF members and U.S. Marines with Marine Wing Support Squadron (MWSS) 171, Marine Aircraft Group 12, 1st Marine Air Wing, for a simulated chemical attack during exercise Active Shield 26 at Marine Corps Air Station Iwakuni, Japan, Oct. 24. Active Shield is an annual bilateral exercise hosted by MCAS Iwakuni that strengthens interoperability between U.S. and Japanese forces and enhances the defense capability of USINDOPACOM.

Veterans Day in Yokota



(U.S. Air Force photo by Airman Carissa McSwain)

U.S. Air Force Airmen assigned to the 374th Airlift Wing and veterans salute as the national anthem plays during a Veterans Day ceremony at Yokota Air Base, Japan, Nov. 12. The ceremony was held to commemorate the temporary ceasefire between Allied nations and Germany during World War I on the 11th day of the 11th month of 1918. After World War II and the Korean War, the observance was expanded to recognize all U.S. military veterans, evolving into what is known as Veterans Day today.

III Marine Expeditionary Force Band Performs at the 2025 Japan Self-Defense Force Marching Festival



(U.S. Marine Corps photo by Lance Cpl. Kendrick Jackson)

U.S. Marines with the III Marine Expeditionary Force Band and Japan Self-Defense Force members perform together at the 2025 Japan Self-Defense Forces Marching Festival at the Nippon Budokan, Tokyo, Nov. 13. The festival is an annual event in Tokyo, featuring various Japan Self-Defense Force bands and the III MEF Band demonstrating unity and comradery through music.

Holiday Lights in Okinawa



Please check the place's website for the latest information before your visit!



THE REVIEW OF A PLACE



BEST OF THE PACIFIC 2024 WINNER
The winner of the Stars and Stripes Best of the Pacific Off-base restaurant award 2024



Morning Works

155-1 Mizugama, Kadena Open: 7:00 – 15:30
\$/¥/Credit Cards (Last Order 15:00)



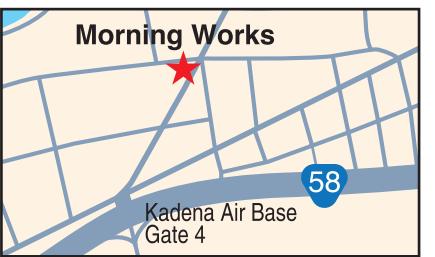
The terrace seating is pet friendly. Enjoy meal with whole your family.



Open early in the morning! You can enjoy wide variety of Hawaiian foods. Find your favorite!



"Ubelate" Okinawa purple sweet potato and ube milk menu. Be sure to try them!



155-1 Mizugama, Kadena Open: 7:00 – 15:30
\$/¥/Credit Cards (Last Order 15:00)

THE REVIEW OF A PLACE



Recently refurbished! The terrace seating is pet-friendly.



Enjoy a hearty Hawaiian meal with coffee or cappuccino.



The interior is spacious and filled with green plants, creating a very relaxing atmosphere.

Morning Doors

155 Sunabe, Chatan
7:00 – 15:30
(Last Order 15:00)
\$/¥/Credit Cards



wake up with Aloha

All To Go OK

PET FRIENDLY

Poke Bowl

MORNING STAND

MORNING DOORS

9 a.m. - 3 p.m.
098-901-7656
4-45-24 Chibana, Okinawa City

Uber Eats
S/M VISA

Kadena 16
Okinawa 26
KAB Gate 3
Camp Shields
Chibana
Morning Stand

Omlet Chicken, & Shrimp
Cinnamon Caramel
Bacon Egg Sausage
Bus Stop • Parking
Baba Park
Morning Doors
Sea Wall

7 a.m. - 3:30 p.m.
098-901-7644
155 Sunabe, Chatan Town

Uber Eats
S/M VISA

Chicken Lover

MORNING WORKS

MORNING BOWLS

7 a.m. - 3:30 p.m.
098-988-5860
155-1 Mizugama, Kadena Town

Uber Eats
S/M VISA

Works Plate

Elvis Plate

Ocean Bowl

Poke Bowl

KAB Gate 1 58
JP Post Office
Sea Wall
Morning Bowls

8 a.m. - 5 p.m.
098-988-5273
1-456 Miyagi, Chatan Town

Uber Eats
S/M VISA

Newly Opened Morning Hills!
Your Aloha Morning Awaits
in Yaka, Kin!

m[®]

Hawaiian pancakes & Coffee

Hills



Hawaiian pancakes & Coffee

Hills

Open everyday!
7:30 a.m. - 5:30 p.m.
(L.O. 5 P.M.)

Onna
Yaka IC
Nago
Naha Express Way
Morning Bowls

2569-1 Yaka, Kin Town
PH. 098-989-8631

Uber Eats
S/M VISA



THE REVIEW OF A PLACE

★★★★★



*Many Americans
have taken on
the spiciness
challenge!*

Available combos at
reasonable prices
during lunch time!

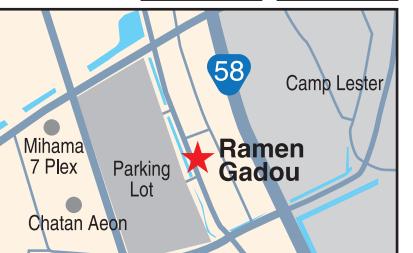


Ramen Gadou

2-2-11 Mihamachi, Chatan
11:00 – 21:30 (Last Order 21:00)

€ Cash / Credit
Cards

Pets
friendly



Also you can enjoy so many other side dishes. They're the perfect combination with beer.

**How about
watching the
weekend fireworks
from spacious
terrace seating?**



THE REVIEW ★★★ OF A PLACE ★★★



Here, you'll find bicycle sales, services, and rentals. You can also customize a one-of-a-kind bike just for you.



Of course, kids' bikes are available too!



Inside the spacious store, you'll find countless bicycles, parts, and accessories. All your bicycle-related wishes come true here!



A very stylish electric bicycle made in Okinawa! You can ride this without a motorcycle license. Enjoy taking it for a test ride!



SHUHARI BIKE WORKS -OKINAWA-

34-1 Mihamra, Chatan
Open: 10:00 – 19:00
Closed Thursday
Cash / Credit Cards



BIKE RENTAL
SALES & SERVICE

SHUHARI BIKE WORKS

Your Perfect Bike, Crafted for You!

OPEN 10:00-19:00
CLOSED THURSDAY

58

SHUHARI BIKE WORKS -OKINAWA-

Hilton Okinawa Chatan Resort

DIY Center Make Man

THE REVIEW OF A PLACE



There is also a comfortable terrace with ocean views, and it's pet-friendly!

There are a whopping 40 different kinds of sushi!



You can enjoy 15 rare types of craft beer.



Besides sushi, appetizers, tempura, grilled dishes, and more... Enjoy all the dishes!



You might even get to meet the adorable standard poodles Moca and Melody!



Sushi on La Cienega

Open: 17:00 – 22:00 (L.O. 21:30)

Closed Wednesday

Ph. 098-989-8339

\$/¥ Cash / Credit Cards



51-3 Mihamá, Chatan



Relax as the sunset spreads out before your eyes.



Watch the fireworks while dining every Saturday night.

SUSHI ON LA CIENEGA

Where Sushi Goes Wild – A New Twist by the Ocean



Vegans available



A selection of carefully selected whiskies and sakes. Non-alcoholic drinks also available.



THE REVIEW OF A PLACE



It's the main entrance to Araha Beach, located just behind the sailboat playground.



Spacious and relaxing. Private rooms are also available.

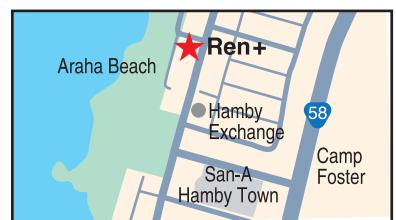


Enjoy a colorful and abundant variety of Korean dishes, along with Korean beer and soju. You can also choose your preferred level of spiciness. Feel free to ask the staff!



Most popular dish, cheese dakgalbi, and the healthy bulgogi kimbap. Enjoy them together.

KOREAN FOOD & BAR CHATAN Ren +



2-15-1 Chatan, Chatan

Dinner: 17:00 – 23:00
(Last order 21:45)

HAPPY HOUR 17:00-19:00

Closed Sunday

Ph. 098-988-7033

Pet-friendly terrace seating

¥ Cash / Credit Cards



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



EVERYDAY
17:00-19:00

Happy Hour



- ✗ Orion DRAFT
- ✗ Ashahi SuperDRY
- ✗ NIKKA Highball

ALL
¥300

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

Pets
welcome
on the
terrace



THE REVIEW ★★★ OF A PLACE ★★★



The Sunrise Shack Okinawa

Open: 7:00 – 19:00

Beach Side Town 5-B
247-20 Sunabe, Chatan
\$/ Cash / Credit Cards

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



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



Uber Eats



OPEN EVERYDAY 7:00-19:00



Vegan

\$/ Cash VISA



THE REVIEW OF A PLACE

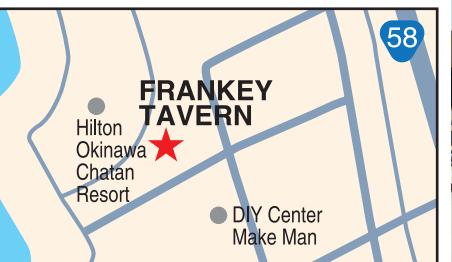


FRANKEY TAVERN

Open: 11:00 – 23:00 (L.O. 22:00)

34-1 Mihama, Chatan
Lequ Okinawa Chatan Spa & Resort IF

¥ Cash / Credit Cards



CRAFT BEER STRND



THE REVIEW ★★★ OF A PLACE ★★★



Beautiful blue sky, the emerald ocean, the amazing food... what a happy moment in a spacious and open space.



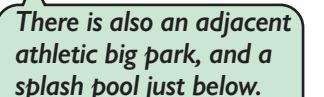
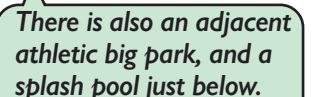
If you like it spicy, try Okinawa Green Chili Spicy Burger.



You can also enjoy homemade special cheese cakes and coffee.



The popular and hearty chili cheese fries and truffle fries.



GINOZA FARM LAB

Weekday
11:00 - 15:00

Weekend & JP Holidays
11:00 - 17:00

Ginoza Roadside
Station 2F
1663 Kanna, Ginoza
¥ Cash / Credit Cards



There is also an adjacent athletic big park, and a splash pool just below. Enjoy it with kids!



COFFEE & BREAK
GINOZA FARM LAB

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



Bacon Cheese Burger



Mozzarella
Mushroom Burger



Okinawa Green Chili
Spicy Burger

Strawberry
Latte



Avalanche Burger

Terrace
Seating



Ph. 098-988-5516

Ginoza Roadside Station 2F

1663 Kanna, Ginoza

¥ cash



THE REVIEW OF A PLACE



In front of the Farmers Market in Chibana, Okinawa City. You can find the sign!



Urban modern NYC style interior.



The most popular item is the NEW YORK PASTRAMI. It's so tender and juicy, you'll definitely become addicted to it!!



Each of the 12 sandwiches is packed with great flavor and made with the ingredients. Generous portions .

This hearty and satisfying CHICKEN ALLA VODKA It's an exquisite combination of chicken, mozzarella, and basil sauce.



EMILY'S SANDWICH

Open 9:00 – 18:00

Closed Wed & Thu

Ph. 098-923-2233



¥ Cash / Credit Cards

NEWLY OPENED!



5-33-21 Chibana, Okinawa City



Emily's Sandwich



With love, We ❤ E.

This sandwich shop opened when our daughter Emily was just two years old. Keep enjoying life in your own way.



SISTER STORE



PIZZA STAND NY



Renny's Diner

Emily's
Sandwich

5-33-21, Chibana, Okinawa City
Tel 098-923-2233
Hours 9am-6pm
Closed Wed & Thu

PICK UP &
DELIVERY



SCAN ME

THE REVIEW OF A PLACE



They have a spacious location with parking for 80 cars and seating for 180 people.



You can also take these dishes home if you order. How about adding them to your collection as a souvenir?



Popular dishes include tender sirloin steak and coconut fried shrimp, served with original mango chili sauce.

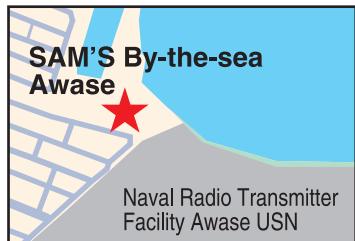


You can enjoy a wide selection of authentic, satisfying steak, lobster, seafood main dishes, side dishes, and cocktails.

For those who like fish, this popular main dish will satisfy with the flavors of three different types of white fish.



SAM'S By-the-sea



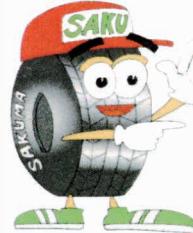
1-41-15 Awase, Okinawa City
Lunch: 11:30~14:00 (L.O.13:30)
Dinner: 17:00~23:00 (L.O.22:00)

¥/\$ Cash / Credit Cards



SAKUMA

TIRE & WHEELS SHOP

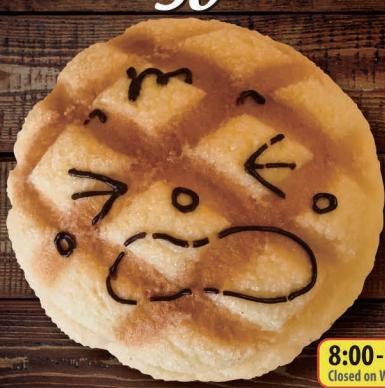


- ✓ New & Used Tires
- ✓ Great Prices
- ✓ Plenty in Stock
- ✓ No Appointment Needed
- ✓ Installation Included

Ph: 098-938-7766

Open: 10:00 - 18:30 bootire@gmail.com
2-588-2 Matsumoto, Okinawa City ¥Cash/Credit Cards

More Than 30 Varieties of Delicious Bread!



RIN
Smile Factory BAKERY / SWEETS

Araha Beach Sea Wall ★★ Camp Foster Lester Commissary Gate Naha

8:00-18:00 Closed on Wednesdays

Phone Fix Okinawa 9:00AM - 6:00PM OPEN EVERY DAY
080-6063-2069

PHONE FIX OKINAWA



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 9:00AM - 6:00PM OPEN EVERY DAY
080-6063-2069

SAM'S BY-THE-SEA

Fresh Island Seafood & Charbroiled Steaks

Dec. 11 - 26 Best Date Night Restaurant

CHRISTMAS Specials



Fillet of Salmon with Saffron sauce

Filet Mignon Steak topped with Foie Gras

SAM'S ANCHOR INN

Supreme Teppanyaki Steak & Seafood

55th Anniversary

The Art of Teppanyaki

Ginowan City TEL: 098-897-5555 17:00~23:00 (L.O.22:00)
Dec. 24th & 25th will be from 16:00 to 23:00

Call for Reservation 098-932-1819

sams-okinawa • Open everyday • Free Parking \$/¥ OK



THE REVIEW OF A PLACE



A striking pink building with an entirely pink interior.



Spacious covered terrace seating is available.



As the name suggests, they serve the ultimate garlic shrimp! You can also enjoy steaks.



Challenge yourself with the spiciness! It goes great with beer or sour cocktails.

The Garlic Shrimp



1355-2 Afuso, Onna Village
Open: 11:00 – 20:00
Tuesday Closed
¥ Cash / Credit Cards



THE GARLIC SHRIMP in Onna



Open 11:00 - 20:00
1355-2 Afuso, Onna Village

Tuesday closed

¥ Cash VISA



For inquiry please send a message to our instagram

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)

Repel Evil with that which is best: **WE are well acquainted with the things they say.

And say: "O my Lord-Creator! I seek refuge with YOU from the suggestions of the Evil Ones".

"And I seek refuge with YOU O my Guardian-Lord! Lest they should come near me."

(In falsehood will they remain) until, when death comes to one of them, he then says:

"O my Lord-Creator! Send me back (to my earthly life)- In order that I may work righteousness in the thing I neglected" – "By no means! It is but a word he says" – Before them is a Partition till the Day they are raised up. Then when the Trumpet is blown, there will be no more relationships between them that day, nor will one ask after another!

Then those whose balance (of good deeds) is heavy – they will attain salvation:

But those whose balance is light, will be those who have lost their souls; in Hell will they stay.

The Fire will burn their faces, and they will therein grin with their lips displaced.

"Were not MY Messages explained to you, and you did but treat them as falsehoods?"

They will (then) say: "Our Lord-Creator! Our misfortune overwhelmed us, and we became a people astray.

[End of Part 3]

*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

Beyond the Blue

Understanding Okinawa Through Art & History

1 Okinawa Prefectural
Museum & Art Museum



2 Nanjo Art Museum



3 Chatan Museum



4 Okinawa Rail
Ecology Center



5 Nago Museum



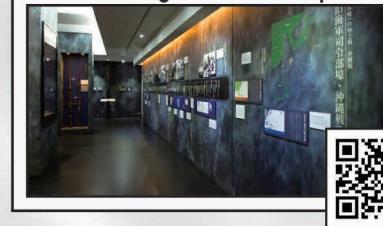
6 Yuntanza Museum



7 Oceanic Culture
Museum Planetarium



8 The Former Japanese Navy
Underground Headquarters



9 Naha City Tsuboya
Pottery Museum



10 Naha City
Museum of History



11 Itoman Tourism and Cultural
Exchange Center



12 Onna Village Cultural &
Information Center



13 Okinawa Karate Kaikan



14 Okinawa Traditional
Craft Center



15 Urasoe Art Museum



16 Okinawa Municipal
Museum



17 Okinawa Prefectural
Peace Memorial Museum



Stripe Noodles

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

Vegan menus available

Stripe Noodles is located at 1-15-9 Kuwae, Chatan.
Nearby landmarks: KAB Gate 1, FamilyMart, McDonald's, LAWSON, Camp Lester.

QR codes for Stripe Noodles, Uber Eats, and Stripe Noodles.

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 **¥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
QR code for Stripe Noodles.

Delicious Okinawa Marsamun!
イナムドゥチ

Inamuduchi

Inamuduchi is a soup dish made with pork, featuring thinly sliced pork belly, konnyaku (konjac jelly), fish cake, shiitake mushrooms, and fried tofu, all simmered in a sweet white miso broth. It is traditionally prepared in many households during festive occasions such as the New Year or Obon and can also be found on the menus of local restaurants.

WELCOME TO MANGASOUKO

お宝発見
マンガ倉庫

USED OUTLET SHOP

We sell and buy anything at Mangasouko Treasure Trove!

We have 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!

Musical Instruments

Card Games

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.

Map showing store locations and surrounding landmarks:

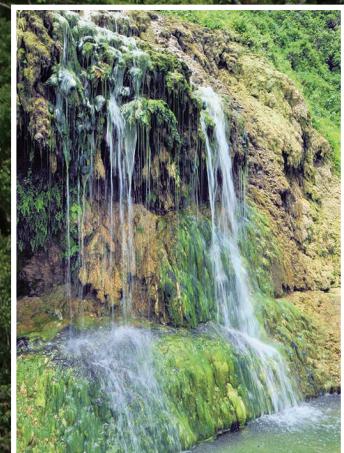
- Urasoe Store:** Located near PARCO CITY, SAN-A SOUKO, MAKEMAN, TOYOTA, NAHA, GINOWAN, Kinsa Gate, and 58.
- Nago Store:** Located near MANGA SOUKO, SAN-A SOUKO, BMW, MAKEMAN, TOYOTA, NAHA, GINOWAN, Kinsa Gate, and 58.
- Naha Store:** Located near SHINTOSHIN, Hotel Gran, View Okinawa, MANGA SOUKO, LAWSON, TOYOSAKI, Naha Air Port, and 331.
- Awase Store:** Located near MANGA SOUKO, LAWSON, TOYOSAKI, Self-Defense Forces Base, and 227.

ISLAND FALLS

Discover Okinawa's Serene Cascades



1
HIJI WATERFALL
(Hiji Otaki)



3
OYAKAWA FALLS
(Ue-Gaa Daki)



2
GIZA CLIFF
(Giza Banta)



5
FUNGA FALLS
(Fungawa / Fungaa Taki)



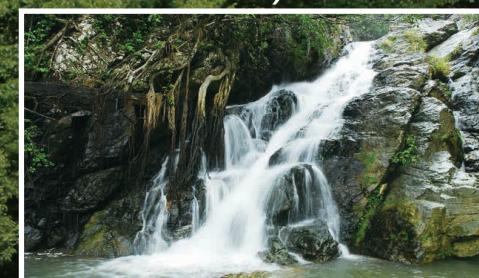
6
TAKIGA FALLS
(Takigaa-no-Taki)



8
NANATAKI WATERFALL
(Kijyoka-no-Nanataki)



7
TODOROKI WATERFALL
(Todoroki-no-Taki)



9
AZAKA FALLS
(Azaka Taki)



4
TA-TAKI WATERFALL
(Taa Taki)



Located in central Naha
Main Kokusai Street

ゆいまる BAR
YUI MARU BAR

10 P.M. - 6 A.M.

5F 1-1-60 Asato, Naha City

Drink responsibly

ONLINE ORDER

INSTAGRAM

GOOGLE MAP

SMASH BURGER

1-10-15 Chuo, Okinawa-shi
Okinawa-ken 904-0004

TEL:098-979-7940

SMASH BURGER
OKINAWA GATE 2 STREET KOZA

ESTD 2020

Dining

THE VERONA
Dining & Cigar

Cigar

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, Ni&caragua, and elsewhere.

Welcome only to buy cigars!

Also a wide selection of craft gins, craft beers, mezcal, and other specialties.

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

8F

Dining and Cigar THE VERONA
Open 18:00 - 24:00 (Fri. & Sat. 17:00-02:00)
For Reservation TEL 080-4281-1650

A Sky Full of Stars

Exploring Okinawa's Starlit Horizons



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



ORIONIDS
Oct 21 – 22

LEONIDS
Nov 16 – 17

GEMINIDS
Dec 13 – 14

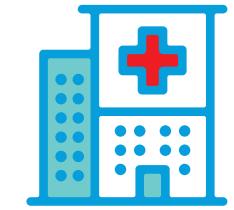
URSIDS
Dec 21 – 22

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

Local Hospital & Medical Clinic DIRECTORY

General

Urasoe General Hospital	1-56-1 Maeda, Urasoe / 098-878-0231
University of the Ryukyus Hospital	1076 Kiyuna, Ginowan / 098-894-1301
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

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

Parklife

Kin Taamu Land
(Kin, Kin Town)



- 0-3 years old zone
- 3-6 years old zone
- 6-12 years old zone
- Swings
- Tarzan rope



Newly Opened in Onna



Juicy, Hearty Onna's
New Burger Spot.



ONNA

Open 11:00~16:00
(Thurs & Fri closed)
2654-1 Maeda, Onna Village

¥ Cash VISA

Uber Eats

HARVEST
HAMBURGER
URUMA
KOZA

Open: 11:00~18:00

183-2 Maehara, Uruma City



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

1-7-8 Chuo, Okinawa City

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



Pasathai Okinawa

Mon & Tue: 17:00 - 21:30
Wed - Sun:
Lunch: 11:30 - 14:30
Dinner: 17:00 - 21:30

Little Thailand Okinawa

Lunch: Wed-Sun 11:00-14:30
Dinner: Fri-Sun 17:00-21:00
098-952-5973

Little Thailand Okinawa Since 2023

208 Hamagawa, Chatan

Dog Salon Wagging Tail

Bringing joy to your Dog. 沖動保第550号

Grooming Boarding Kennel

Look for a BONE Sign

KADENA
Family Mart
ROUTE 58
KAB GATE1
CHATAN

Send a message to make an appointment
098-894-5720
OPEN from 8AM Closed on Sunday
344 Sunabe, Chatan \$ Cash VISA

Newly Opened in Onna

Juicy, Hearty Onna's New Burger Spot.

ONNA

Open 11:00~16:00
(Thurs & Fri closed)
2654-1 Maeda, Onna Village

¥ Cash VISA

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CHATAN

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098-894-5720
OPEN from 8AM Closed on Sunday
344 Sunabe, Chatan \$ Cash VISA

CORTISOL

Friend or Foe?

Dr. Ceabert J. Griffith

Cortisol is a steroid hormone produced by the adrenal glands that influences numerous biological processes. Known euphemistically as "The Stress Hormone," cortisol is an indispensable part of our biology. However, excessive cortisol can have a negative impact on our health. Besides its production and release in response to short- and long-term stress, cortisol also helps regulate blood



pressure and is responsible for converting fat, carbohydrates, and proteins

into energy. Cortisol plays a pivotal role in regulating the sleep-wake cycle.

Stanford University's Neuroscientist, Dr. Andrew Huberman, notes that many Americans experience spikes in blood cortisol in abnormal amounts, for the wrong reasons, and at the wrong time of day. Huberman refers to the proper level and timing of cortisol production as the *Cortisol Rhythm*. Normally, the brain tells the adrenal glands when and how much cortisol to produce. Cortisol levels should be high in the morning, upon awakening, to help you start your day. You want cortisol levels to be low in the evening before sleep and during the early hours of sleep. As you approach early morning, you want your cortisol levels to be high. What can you do daily to ensure healthy cortisol levels?

Lifestyle Strategies

Lifestyle strategies that can lower

cortisol levels include getting good quality and quantity of sleep, engaging in regular physical activity, ensuring proper hydration, and managing excess stress.

Good Sleep Quality and Quantity: To accrue the full benefit of early morning cortisol production, you need to sleep between seven and eight hours every night. After waking up, it is essential to expose your eyes to bright light to help prolong your cortisol levels for the next few hours.

Physical Activity: Engaging in daily physical activity (45-50 minutes per session) can help regulate the production and release of healthy cortisol levels. Choose from activities such as dancing, walking, and swimming. Resistance training, done three times a week, helps maintain

lean body tissue and reduce the percentage of body fat.

Hydration: Consuming fluids—especially warm water—first thing in the morning and throughout the day can help boost adrenal gland function and promote adequate cortisol production. Caffeine can prolong cortisol's effects by reducing the drop in morning cortisol release.

Stress Management: Cortisol helps you respond quickly to stressful events. However, chronic emotional stress leads to prolonged cortisol production and release, as well as disruption in metabolic functions, including immune suppression and abdominal fat deposition. Breathing exercises, meditation, and gratitude have been shown to quiet the mind and reduce cortisol levels.

Dietary Supplements

The following dietary supplements have been shown to reduce stress-induced elevations in cortisol levels.

Omega-3 Fatty Acids: These healthy fats help reduce cortisol by regulating the body's response to stress. Aim for between 1500-2000 mg daily.

Magnesium: Magnesium helps manage anxiety by reducing cortisol levels. Aim for a daily intake of 250-400.

Vitamin C: This ubiquitous vitamin can lower stress by modulating functional areas in the brain that regulate cortisol production in the adrenal glands. Aim for 100 mg daily.

Rhodiola: This plant-based adaptogen is popular among individuals seeking to fight fatigue and boost energy levels. Rhodiola can reduce the body's cortisol load.

Ashwagandha: This adaptogen can mitigate the body's response to stress, thereby lowering blood cortisol levels. The research was done with 250-600 mg of Ashwagandha root.

L-Theanine: This amino acid is found in green tea and has been shown to reduce cortisol levels in saliva. Aim for one to two cups of green tea daily.

Despite its reputation as a foe, cortisol is actually an indispensable friend. Lifestyle strategies and selected dietary supplements can help the body achieve a healthy *Cortisol Rhythm*—the right amount, for the right reason, and at the right time.

Volume Wispy

- LASH BLOSSOM -

EYELASH EXTENSIONS | FACIAL WAXING

Classic Lashlift

Now Offering Facial Waxing!

VOICE PAPER ¥1,000 OFF

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

#205 2-2-4 Mihamra, Chatan

\$/¥ cash / Credit Cards

2025-2026 COUNTDOWN PARTY!

All Day Dining
Jinon



Chura Soul Night
"Sweet Voice" Countdown Live

Ring in the New Year with style!
A soulful chorus trio brings fresh energy to Jinon Restaurant with timeless classics and polished pop. Celebrate the New Year at Jinon Restaurant with a special countdown event!

Price: 3,500 yen
Includes free drinks and light snacks.



Prince Hotel
Okinawa Ocean View Ginowan

More detail

**eyelash/eyebrow
BEAUTY SALON**



BRILLIANTLY

- ◎ Long-Lasting Bind Lock Extensions (20-140 fans)
- ◎ Volume Lash Extensions – from Natural to Mega Volume
- ◎ Lash Lift ◎ Brow Lift & Wax

✉ brilliantly.20201@gmail.com
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\$/¥ cash VISA



**-Country
-Heartbroken**

COLD
-Chris Stapleton

Cold
クリス・スティプルトン

Spotify

His deep voice and aching
guitar cut heartbreak
straight into your heart



**The Grand Champion title
at the international competition
held in Dubai.**

2ND Japan international
Beauty Competition
PMU 部門
GRAND CHAMPION
NOZOMI SHIBASAKI
Congratulations

DUBAI
INTERNATIONAL BEAUTY COMPETITION
2025/11/2
INTERNATIONAL BEAUTY COMPETITION
2025/11/2

Bianca



**"One Injection Can Change Your Life"
"Mounjaro—The Future of Weight Loss Is Now Available!"**

Now available at one of Japan's lowest prices!

2.5 mg × 12 injections (3 months): ¥84,000 → **¥49,800**
5.0 mg × 12 injections (3 months): ¥159,564 → **¥88,000**

***Private medical treatment**

In U.S. clinical trials, patients lost an average of over 15 kg.

Mounjaro is a dual agonist that simultaneously activates GLP-1 and GIP, two hormones often called the body's natural "slim hormones."

Free shipping (refrigerated delivery)
Free consultation!
Online purchase available.

Specialized in medical weight-loss treatments

Consultation and shipping included




**Beauty - NUDY Q - Total
Makeup Tattoo Bianca Okinawa**



Lip



Eyebrows



Eyeliner



Eyebrows & Eyeliner



Beau'te Tatoo

Designs or symbols that individuals ink on their skin to reflect their personal aesthetics, beliefs, or cultural significance, varying widely in style, size, and meaning.

Menu

Eyebrow
Eyeline
Lip
etc.

Specialist

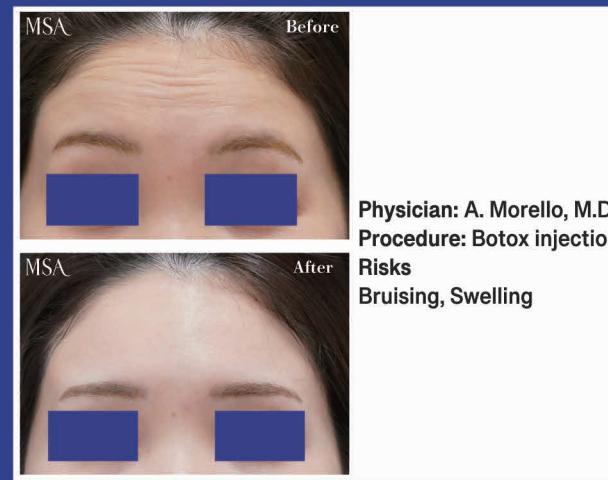
Train under a seasoned professional, master safety and technique, and graduate fully certified.

Open 10:00~21:00 (Sun / Holiday ~20:00)
*Closed on irregular days
#14 2-17-6 Minatogawa, Urasoe City
\$/¥ cash VISA

58
Yamada Denki
Manga Souko Urasoe
MakeMan
Camp Kinser
Naha
Futenma



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

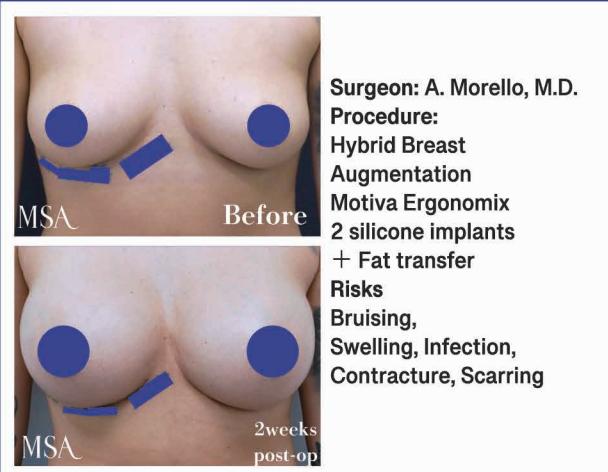


Physician: A. Morello, M.D.
Procedure: Botox injection
Risks
Bruising, Swelling

MSA

Morello Surgical Arts

*Dr. Morello
provides ENGLISH
consultations*



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

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>



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

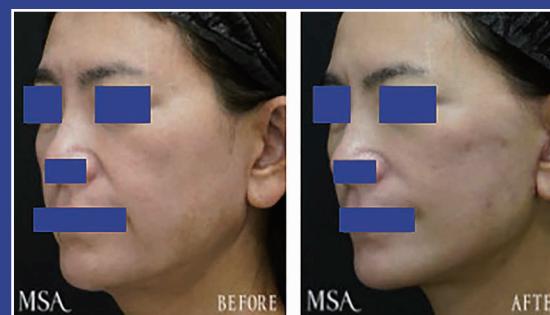
Inquiries: morellosurgicalarts@gmail.com

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

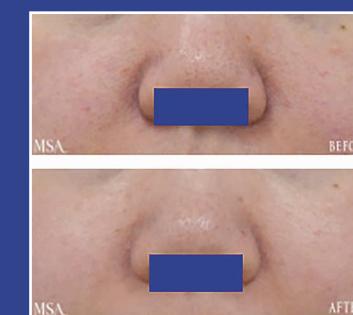


Eye bag surgery (Fat repositioning)

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



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~

The Elegant Way to Slim



MOUNJARO

Innovative Weight Loss Medicine

What's Mounjaro?

Mounjaro is a safe weekly weight-loss injection that:

- STOMACH** Slows down digestion
- PANCREAS** Controls blood sugar levels
- BRAIN** Suppresses appetite

Eat less, weigh less.

3 Easy Steps to Get Started

- Step 1 — Book Online**
- Step 2 — Consult a Doctor**
- Step 3 — Get Medication**

*No direct delivery to U.S. military bases. Please contact us for details.



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

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

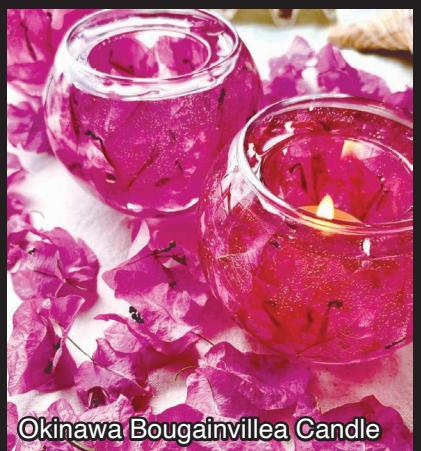


Weekdays: 9:30 - 19:00
Sat & Sun, JP holidays: 9:30 - 18:00

*Closed irregular days



¥ cash  



Okinawa Bougainvillea Candle



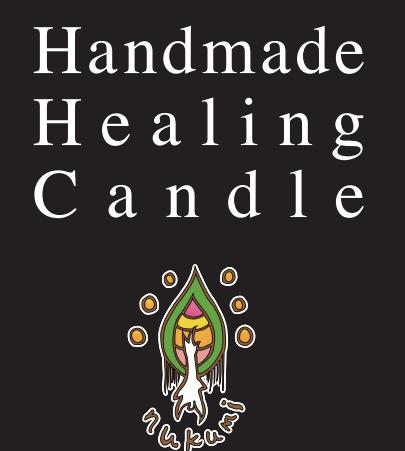
Happy Rainbow Candle



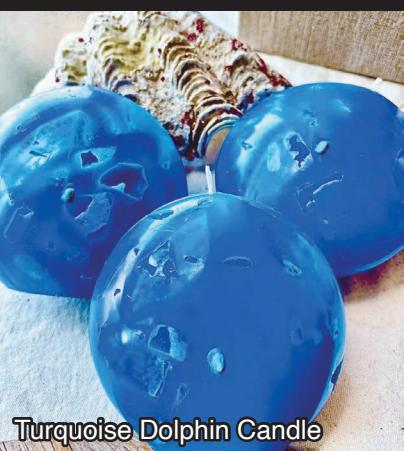
Peacock Feather Candle



Mini Color Pencil



Handmade
Healing
Candle



Turquoise Dolphin Candle



Nature Color Pencil



Okinawa Shell Candle



Bougainvillea



Ocean Blue Candle



Open Rainbow Candle



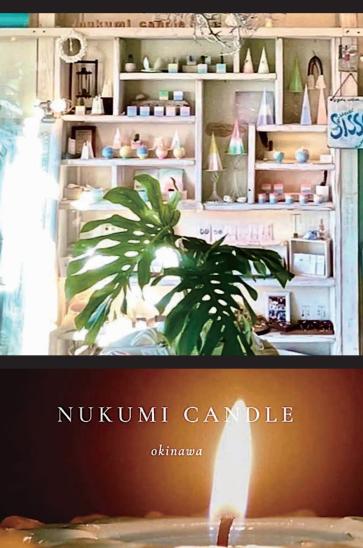
Round Rainbow Candle

Love, Live, Bloom Your Life



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

Okinawa Beauty Selection



NUKUMI CANDLE

A seaside candle and relaxation shop in Yomitan. Enjoy healing with candles reflecting Okinawa's natural colors, Access Bars, Reiki, and more. Reconnect with the present, release tension, and return to your true self. Private room available for relaxation and healing sessions.



Love, Live, Bloom Your Life

FREE

BLOON
Better Life

2025 SPECIAL COLLECTOR'S EDITION

Complete "The Review" 2025

Featuring Okinawa's Top Spots

Museums • Waterfalls

Starry Skies • Holiday Lights

Okinawa Beauty Selection Nukumi Candle



www.voice-paper.com

December 10, 2025