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SUSHI ON LA CIENEGA



HARVEST

SAM'S BY-THE-SEA

Wagging Tail

Wing King



TIRE & WHEELS SHOP
SAKUMA
Crepe Specialist
Sugar crepe



OKINAWA JANUARY ★ FEBRUARY Bulletin

**THE REVIEW OF A PLACE
MORNING HILLS**



www.voice-paper.com

Issue 25 >> January 14, 2026

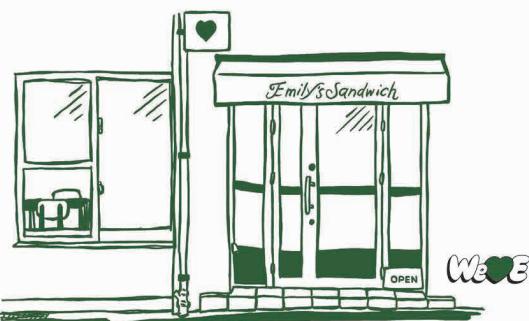


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SCAN ME

VOICE

P A P E R

Duty
on the island

31st MEU | India Co. conducts simulated small boat raid during MEUEX



(U.S. Marine Corps photo by Cpl. Rebeka Falcon)

U.S. Marines with India Company, Battalion Landing Team 3rd Battalion, 1st Marine Regiment, 31st Marine Expeditionary Unit, navigate into a wedge formation during a small boat raid as part of MEU Exercise in Okinawa, Dec. 3, 2025. This training aimed to enhance the Marines' ability to conduct boat raids using the enhanced combat rubber reconnaissance craft. 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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USO

JOIN US FOR SOME MUNCHIES!

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

- Chicken Fried Rice @ USO Schwab
January 7th 11:00am - 1:00pm
- Soup Cookoff @ USO Schwab
January 14th 11:00am - 1:00pm
- Hearty Chili Bowls @ USO Kinser
January 20th 11:30am - 1:00pm
- Buffalo Chicken Sandwiches @ USO Schwab
January 21st 11:00am - 1:00pm
- Tasty Tuesday @ USO Kinser
January 27th 11:30am - 1:00pm

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

USO

USO OKINAWA JANUARY ACTIVITIES

Check out these GREAT events during the month of January with USO Okinawa at the following locations:

- NFL Last Regular Season Game @ USO Futenma
January 5th 9:00am - 12:00pm
- Crafty Kids - Penguin Craft @ USO Kinser
January 6th 2:30pm - 3:30pm
- Birthday Bash @ USO Hansen
January 9th 11:00am - 1:00pm
- Drawing with Mychal @ USO Kadena
January 12th 5:00pm - 7:00pm
- Birthday Bash @ USO Kinser
January 16th 11:30pm - 1:30pm
- Martin Luther King Jr. Day @ USO Futenma
January 19th 10:00am - 12:00pm

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



III MEF Attack Drone Familiarization



(U.S. Marine Corps photo by Cpl. Joaquin Dela Torre)
A U.S. Marine with III Marine Expeditionary Force sets up a drone during the Marine Corps Attack Drone Competition on Camp Schwab, Dec. 7, 2025. During a two-week period, the Marine Corps Attack Drone Team trained and certified 3rd Marine Division Marines as attack drone operators, attack drone instructor, and payload specialist instructors, increasing the Division's lethality and capacity of trained and certified attack drone operators and instructors.

Ie Shima Training Facility runway receives certification in ceremony



U.S. Marine Corps Maj. Gen. Brian Wolford, commanding general of Marine Corps Installations Pacific, gives a speech before a ribbon cutting ceremony on Ie Shima, Dec. 15, 2025. The ribbon cutting ceremony was held for the reopening of the runway and to strengthen U.S. and Japan alliance.

U.S. Marines Reinforce Motorcycle Safety with All Clubs Ride



(U.S. Marine Corps photo by Cpl. Diego Garcia)

Camp Kinser, Urasoe City Hall collaborate on tsunami evacuation exercise



Local Japanese volunteers from Urasoe City walk through a security gate during a tsunami evacuation exercise at Camp Kinser, Nov. 18, 2025. Several volunteers passed through Camp Kinser Gate 4 on foot to reach higher ground during the exercise. Marines assigned to Provost Marshal's Office and attached to Camp Kinser Camp Operations, Urasoe City Hall officials and local residents, firefighters from Urasoe City Fire Department, and police officers from the Urasoe City Police Department practiced security, safety, and evacuation procedures during the exercise.

(U.S. Marine Corps photo by Cpl. Thomas Sheng)

USO

Join Us For GAME NIGHT

Join us for a fun game night with family & friends at these locations:

- Warhammer Wednesday
USO Kinser - Every Wednesday
- Casino Night
USO Schwab - Jan. 16th
- Trivia Night
USO Kinser - Jan. 22nd
- Saturday Game Day
USO Hansen - Jan. 31st

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

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VOLUNTEERS NEEDED

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- 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

Camp Hansen Rugby Club hosts Turkey Bowl with Ryukyu University School of Medicine Rugby Football Club

U.S. service members, students with Ryukyu University School of Medicine Rugby Football Club and volunteers pose for a group photo during the Turkey Bowl at Yomitan Village, Nov. 15, 2025. The Turkey Bowl was a service-wide rugby game hosted by the Camp Hansen Rugby Club, featuring participants from the Army, Navy, Air Force, Marine Corps, and Ryukyu University School of Medicine Rugby Football Club.



(U.S. Marine Corps photo by Lance Cpl. John-Paul Haubeil)

JANUARY FEBRUARY bulletin

AT!

OKINAWA



Okinawa
City
Industry
Festival
Jan 24 &
25



KADENA



Kadena
Town
Industry
Festival
Jan 31 &
Feb 1



NAHA



Okinawa
Flower
&
Food
Festival
Jan 24 &
25



NAKAGUSUKU



Toyomu Nakagusuku
Industrial
Festival
Jan 31 & Feb 1



GINOWAN



Mori no
Nigiwai
Jan 24



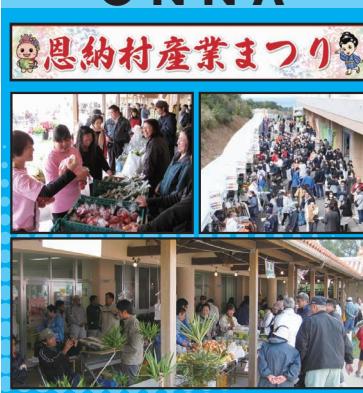
KUNIGAMI



Kunigami Village
Industrial Festival
Jan 24 & 25



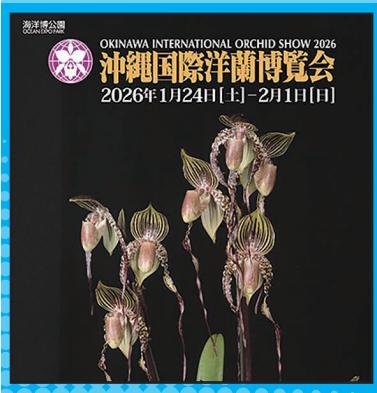
ONNA



Onna Village
Industry Festival
Jan 24 & 25



MOTOBU



International
Orchid Show
Jan 24 – Feb 1



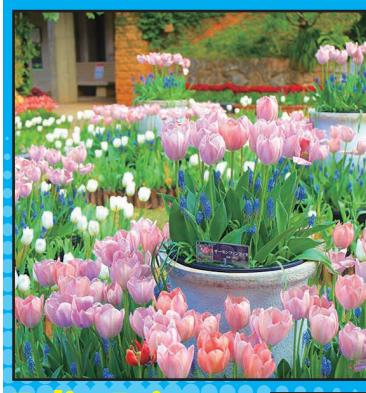
OKINAWA



Music Lane
Festival
Jan 30 & Feb 1



MOTOBU



Tulip Fair
2026
Jan 31 – Feb 8



URUMA



Okinawa Bull
Fight
Feb 7



YOMITAN



Gala Aoi Umi
Ao Festival
Feb 14 & 15



NISHIHARA



Pottery
Festival
Jan 31



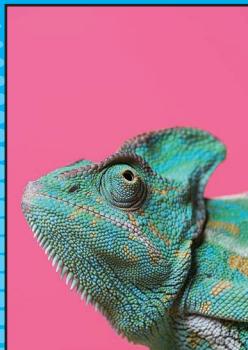
OGIMI



Ogimi Village Industrial Festival Jan 17 & 18

QR code: 

GINOWAN



Jungle Hunter in Okinawa Feb 1

QR code: 

GINOZA



2&4 Race In Ikei Island Jan 31 & Feb 1

QR code: 

GINOWAN



Okinawa Teshigoto Market Feb 6-8

QR code: 

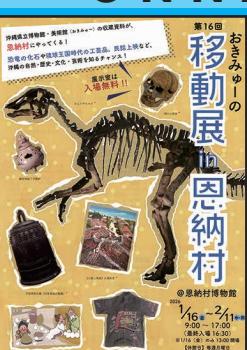
NAHA



Forms of Life Dec 23, 2025 - Feb 23

QR code: 

ONNA



Museum in Onna Jan 16 - Feb 11

QR code: 

NEWSPRINT



Kadena Special Olympics 2025

Okinawa Governor Denny Tamaki, right, joins U.S. Air Force Brig. Gen. John Gallemore, 18th Wing Commander, in celebrating Kadena Special Olympics 100-meter dash winners at Kadena Air Base, Dec. 6, 2025. Hundreds of volunteers with the Department of War, Japan Air Self-Defense Force, and local community worked tirelessly to ensure the success of the event over a six-month period. The volunteers helped in a variety of duties including translation, food preparation, logistical and medical support, security and assisting as athlete buddies.

U.S. and Japan Strengthen Space Alliance at Consulate Reception



Members and Supporters of the Colorado Okinawa Kenjinkai pose with U.S. Air Force Academy's "USAFA Winds" woodwind quintet for a photo during a consulate reception at Buckley Space Force Base, Colorado, Dec. 15, 2025. The reception highlighted more than 70 years of partnership between the two nations.

CFAY Joins End of Year Safety Campaign 2025



Capt. Jonathan Hopkins, Commander, Fleet Activities Yokosuka (CFAY), passes our daikon at the year-end traffic safety campaign held at Keikyu Yokosuka Chuo Station, Dec. 11, 2025. During the event, Sailors

stationed at Yokosuka Naval Base handed out Japanese daikon radishes to passers-by. The daikon radish, which is local produce of the area, puns with the Japanese word "daikonzetsu," meaning rooting out (of drunken driving). The event was held in conjunction with the Yokosuka Police Station and the other relevant safety organizations in Yokosuka. For more than 80 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.

A thank-you from JASDF



Commander, Navy Region Japan (CNRJ) Fire and Emergency Services Sasebo and Sasebo City Fire Bureau firefighters conduct a fire response drill at Commander, Fleet Activities Sasebo (CFAS) Hario Housing area in Sasebo, Dec. 8, 2025. The drill required coordinated efforts by CFAS fire and emergency services and Sasebo City Fire Bureau personnel to test and ensure effective integration in the event of a fire in structural high rises at CFAS.

(U.S. Navy photo by Mass Communication Specialist 1st Class Kristen Yarber)

(U.S. Air Force photo by Airman 1st Class Hannah Bench)

COMING SOON

Mercy

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Director: Timur Bekmambetov

Cast: Chris Pratt, Rebecca Ferguson

IN THEATERS JANUARY 23

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MIHAMA 7 PLEX
CINEMA Q
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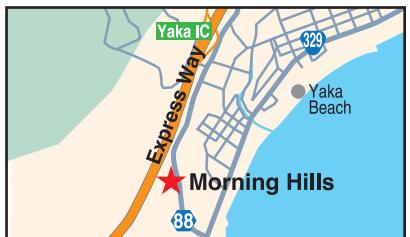
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SAKURA 2026

Okinawa's cherry blossoms are not the pale-pink *Somei-yoshino* seen in mainland Japan. Instead, the islands are known for the vibrant *Kanhizakura* (Taiwan cherry), an early-blooming variety that opens deep crimson flowers during the cooler months. Its rich hue and winter blossoms give the tree its name. Locally, it is also called *Ryukyu Kanhizakura*, reflecting the islands' traditional name, Ryukyu.



1 Motobu Sakura Festival (Jan 17~Feb 1)



2 Nago Sakura Festival (Jan 31~Feb 1)



3 Yaese Sakura Festival (Jan 29~Feb 8)



4 Naha Chura Sakura Festival



5 Nakijin Gusuku Sakura Festival (Jan 31~Feb 9)



6 Higashison Sakura Week



7 Kumeno Sakura Spot



8 Ogimison Sakura Spot



9 Uruma Nuri Riverside



10 Naha Sakura Festival



11 Urasoe Park



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Volcano

THANK YOU FOR COMING!

A map showing the location of the restaurant, including American Village, To Kadena, To Naha, and Camp Lester.

RA-MEN GADOU

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)

"Our Lord-Creator! (Please) bring us out of this: If ever we return (to doing evil), then shall we be wrongdoers indeed!"

HE will say: "Be you driven into it (with disgrace)! And do not speak to ME!"

"A part of my servants there was, who use to pray, 'Our Guardian-Lord! we believe;

Then do YOU (please) forgive us, and have mercy upon us: For YOU are the Best of those Who show mercy!"

"But you treated them with ridicule, so much so that (your ridicule of) them made you forget MY Messages, while you were laughing at them!"

"I have rewarded them this Day for their patience and constancy: they are indeed the ones that have achieved Rapture..."

HE will say: "What number of years did you stay on Earth?"

They will say: "We stayed a day or part of a day: But ask those who keep account."

HE will say: "You stayed not but a little— if you had known! Did you then think that WE had created you as a joke, and that you would not be brought back to **US (for an account of your deeds)?"

Therefore exalted be The One True G-D, The King The Reality:

There is no god but HE, The Guardian-Lord of the Throne of Honour!

*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

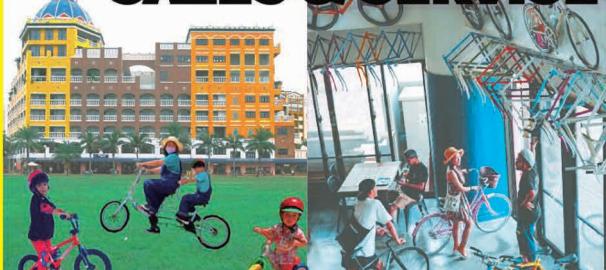


Translation of the
Qur'an in Japanese
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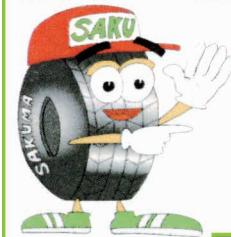
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Emergency

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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

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7 Lifestyle and Environmental Strategies for Preventing CANCER

Dr. Ceabert J. Griffith

This year, an estimated two million Americans will be told by their doctors that they have cancer. The American Cancer Society reports that cancer is not a single disease but a series of more than 200 diverse diseases with a common denominator: mutation of normal cells that cause them to grow uncontrollably

and spread to other parts of the body. According to the Centers for Disease Control and Prevention, the development of cancer is linked to a combination of lifestyle, environmental, and genetic factors. Current research shows that most cancers can be prevented by adopting the following seven lifestyle and environmental strategies.



Maintain a Physically Active Life. The human body was engineered for movement during the entire lifecycle. Physical inactivity—especially prolonged sitting—is linked to an increased risk of developing a long list of cancers, including cancers of the breast, colon, kidney, liver, and prostate. Get about 150 minutes of aerobic activity each week, and three weekly sessions of upper and lower body resistance training.



Maintain a Healthy Body Weight. Overweight and obesity create inflammation and hormonal imbalances that can damage DNA, risking the development of many forms of cancer. Excess body weight also suppresses the body's immune system's ability to detect and destroy pre-cancer

and cancer cells. A healthy diet, regular physical activity, quality sleep, and stress management can help maintain a healthy body weight.



Eat a Healthy Diet. A high dietary intake of refined carbohydrates, sugars, and processed foods can cause unhealthy body composition and inflammation, which increases the risk of various cancers. Eat nutrient-dense foods that pack the most vitamins, minerals, macronutrients, phytochemicals, and fiber for the fewest calories. Quality food is fresh, high-quality, organic, unprocessed, unrefined, non-manufactured, and plant-based.



Manage Excessive Stress. Excess emotional stress incurs the risk of prostate,

breast, colorectal, and other forms of cancer. Stress management techniques include practicing mindfulness, breathwork, and visualization each day.



Do Not Use Tobacco Products. The CDC characterized tobacco use as one of the most potent risks for cancer development. Most tobacco users who wish to kick their habit find it easier to quit with the help of nicotine replacement patches or with the newer, anti-anxiety medications.



Use Alcohol in Moderation. Current research links excessive alcohol use (more than one ounce of ethanol per day) to the development of oral, esophageal, liver, and other forms of cancer. Some medical experts believe that any amount

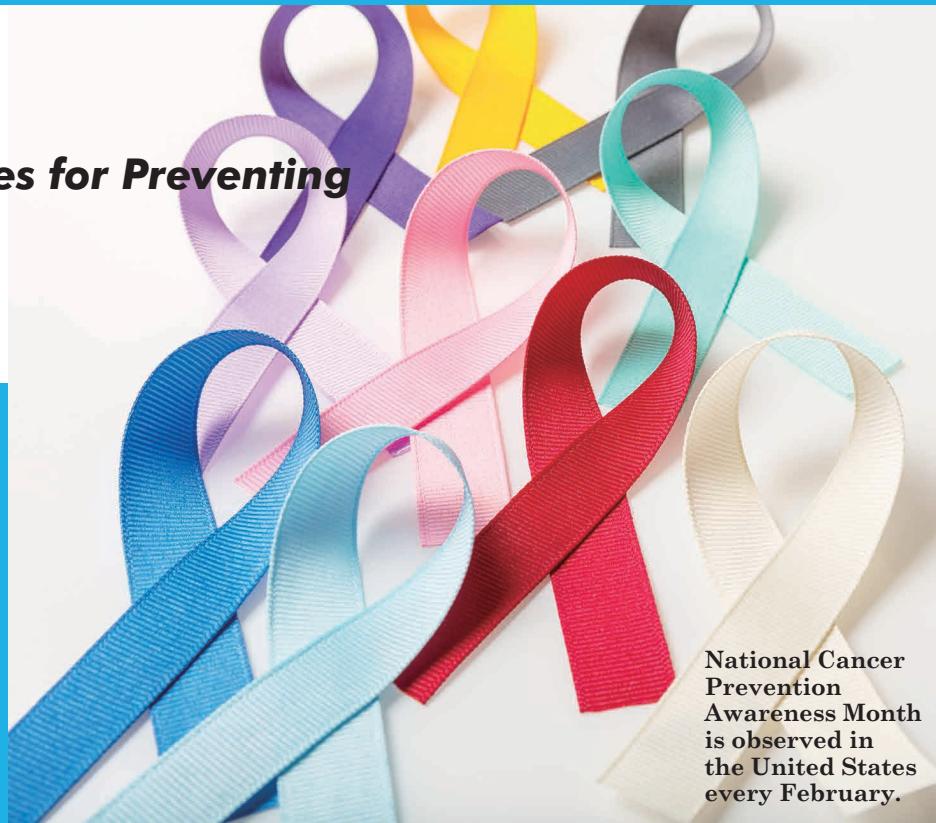
of alcohol use increases the risk of cancer.



Avoid Environmental Toxins.

Environmental factors such as air pollution, solvents, radon, arsenic, and per- and polyfluoroalkyl substances (PFAS or “forever chemicals”) are linked to bladder, lung, kidney, thyroid, and other cancers. Avoiding workplaces and other environments that contain these toxins can significantly reduce the risk of cancer.

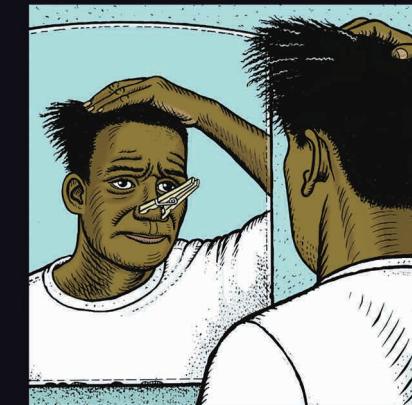
Healthy lifestyle choices can effectively reduce the risk of most types of cancer. Indeed, population studies show that persons who are physically active, eat healthfully, manage their stress, are non-tobacco users, use little or no alcohol, and avoid environmental toxins have low rates of cancer.



National Cancer Prevention Awareness Month is observed in the United States every February.

The Confessions of a Self-Hating Uncle Tom Negro

How I Became a Muslim



Mujahid Abdullah

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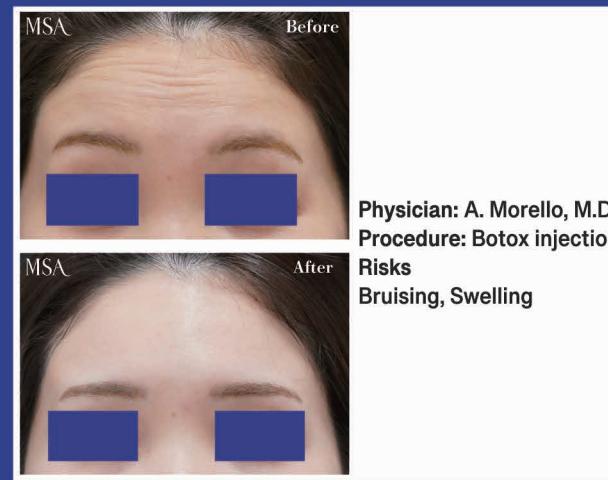
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Physician:
A. Morello,
M.D.
Procedure:
Lip filler
injection
Risks
Bruising,
Swelling

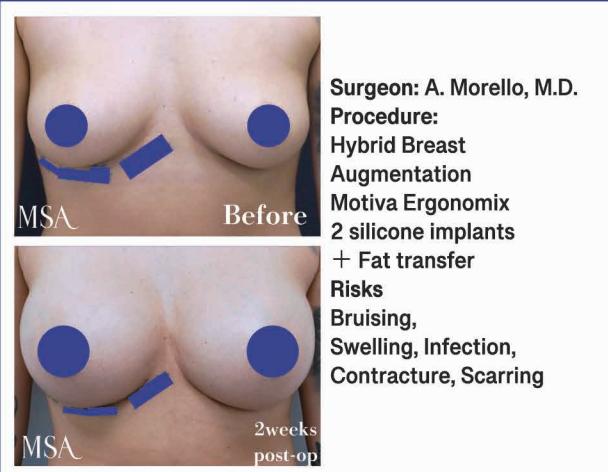


Physician: A. Morello, M.D.
Procedure: Botox injection
Risks
Bruising, Swelling

MSA

Morello Surgical Arts

*Dr. Morello
provides ENGLISH
consultations*



Surgeon: A. Morello, M.D.
Procedure:
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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>



Apple Park Omoromachi 4 Chome No.3
4-8-10 Omoromachi, Naha



Morello Surgical Arts

English / Japanese Doctor-led Consultations
Morello Surgical Arts



Dr. Austin Morello

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

Consultations are free

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

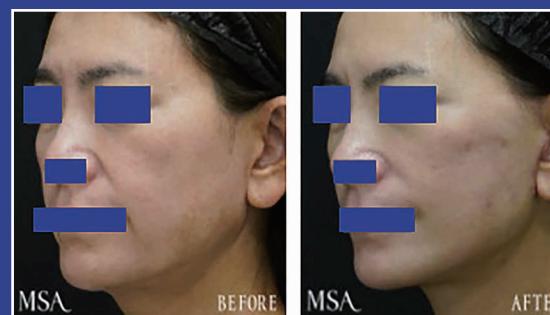
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Inquiries: morellosurgicalarts@gmail.com

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.



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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)

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Downtime (2 - 3 days).

Risks

Bruising, Swelling, Pain



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