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VOICE

P A P E R



FRESH & SWEET PICK-YOUR-OWN STRAWBERRIES

OKINAWA FEBRUARY ★ MARCH Bulletin

THE REVIEW OF A PLACE
HARVEST HAMBURGER



www.voice-paper.com

Issue 26 >> February 11, 2026





Lemonade

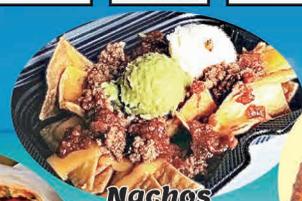
Churros

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CHATAN Open: 8:00-22:00

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Nachos



Spicy Chicken



Bacon Egg Burrito



Okinawan Burrito



Steak Burrito



Herb Chicken



Shrimp Burrito



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Rollup

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Beef Burrito



Tacos



Nachos



Quesadilla



Buffalo Wings



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Mac'n Cheese



KOZA
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Fri & Sat: 11:00-26:00
*Sunday closed

098-989-3883

1-4-2 Uechi, Okinawa City

\$/¥ Cash VISA

VOICE PAPER

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

12th LCT Marines Put Their Urban Terrain Skills to the Test During a Squad Competition



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

U.S. Marines with 12th Littoral Combat Team, 12th Marine Littoral Regiment, 3rd Marine Division, execute urbanized terrain training as the oppositional force during a squad competition on Camp Hansen, Jan. 7. The squad competition evaluated Marines' physical endurance, tactical proficiency, and small-unit leadership while reinforcing unit cohesion. One squad from each company within 12th LCT competed in a series of events to determine which Marine rifle squad most effectively demonstrated its combat capabilities.

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



USO OKINAWA February ACTIVITES

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

Birthday Bash @ USO Hansen
February 4th 11:00am - 1:00pm

The Big Game Watch Party @ USO Schwab
February 9th 8:00am - 12:00pm

Warhammer Wednesday @ USO Kinser
February 11th 5:30pm - 6:30pm

Pool Tournament @ USO Schwab
February 20th 5:00pm - 7:00pm

Loungin with Lily @ USO Hansen
February 25th 11:00am - 1:00pm

Car Meet @ USO Futenma
February 28th 10:00am - 12:00pm

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



JOIN US FOR SOME MUNCHIES!

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



Teriyaki Chicken and Rice @ USO Schwab
February 4th 11:00am - 1:00pm



Bacon Mac and Cheese @ USO Schwab
February 11th 11:00am - 1:00pm



Balanced Bites @ USO Kinser
February 18th 11:30am - 1:00pm



A Taste of Home @ USO Kadena
February 18th 11:00am - 1:00pm



Tasty Tuesday @ USO Kinser
February 24th 11:30am - 1:00pm



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



III MEF Marines attend lecture on DUI prevention



(U.S. Marine Corps photo by Sgt. Nicholas A. Cox) U.S. Marine Corps Lance Cpl. Iosif Karamanov, left, a military police officer with Marine Corps Installations Pacific, and Yosuke Nakama, chief of Traffic Safety Operations with the Okinawa Prefectural Government, demonstrate a breathalyzer test during a lecture on Camp Courtney, Jan. 21. The lecture, a joint effort with the Okinawa Prefectural Government and MCIPAC, aimed to prevent drunk driving and reinforce the commitment of Marines to be responsible guests in Japan.

5th Air Force Senior Enlisted Leader reinforces readiness with Team Kadena



U.S. Air Force Senior Airman Keith Vici, 18th Civil Engineer Squadron, Explosive Ordnance Disposal team member, right, assists Command Chief Master Sgt. Shaun Campbell, 5th Air Force Command Chief, in donning a bomb suit at Kadena Air Base, Jan. 14. Campbell observed EOD training operations and discussed how their mission supports base and regional safety.

(U.S. Air Force photo by Senior Airman James Johnson)

Japan Coast Guard visits Kadena

A U.S. Air Force Airman assigned to the 33rd Rescue Squadron briefs members of the Japan Coast Guard on the capabilities of an HH-60W Jolly Green II helicopter during a rescue-capabilities immersion at Kadena Air Base, Dec. 5, 2025. By providing the JCG an overview of Kadena's rescue capabilities, this engagement boosts interoperability, improves crisis-response coordination, and strengthens the U.S.-Japan partnership.



(U.S. Air Force photo by Airman 1st Class Amy Kelley)

Okinawa Defense Association's New Year's Ceremony



U.S. service members, Japanese Self-Defense Force service members, Japanese Government officials and Municipality officials toast to the New Year during the Okinawa Defense Association Ceremony at Naha, Jan. 21. The ceremony concluded with a toast to bring good future and to welcome the New Year.

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

USO COFFEE CONNECTIONS

USO OKINAWA COFFEE CONNECTIONS



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

Feb 12th USO Kinser @10:30am
Mar 12th USO Kinser @10:30am



USO.org/CoffeeConnections



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

U.S. Marine band plays in Japan, U.S. Joint Concert

U.S. Marines with the III Marine Expeditionary Force Band perform alongside musicians from local middle schools and partner organizations during the Japan – U.S. Joint Concert, Jan. 17, at the Okinawa Suntory Arena. The event was hosted by the Okinawa Defense Bureau, Ministry of Defense, and featured performances from local middle schools, the Japan Ground Self-Defense Force 15th Brigade Band, the Japan Air Self-Defense Force Southwestern Band. The Marines performed alongside the attending bands to build and strengthen their relationships with the local community and their partners.



(U.S. Marine Corps photo by Staff Sgt. Shannon Doherty)

FEBRUARY MARCH bulletin

AT!

OKINAWA

Okinawa City Craft Fair

Feb 27 – March 1

QR Code

ISLANDWIDE

第43回 沖縄花のカーニバル

2026 1月5月

からだ充ちる、こころ躍る

Okinawa Islandwide Flower Carnival 2026

January – May 2026

QR Code

NAHA

Cinema at Sea

Feb 20 – Feb 28

沖縄環太平洋国際映画祭
Cinema at Sea
Okinawa Pan-Pacific International Film Festival

QR Code

KITANAKAGUSUKU

Agricultural & Fishery Products Fair

Feb 21

イベント会場でお会いしましょう

北中城村農林水産物フェア
JAおきなわ北中城支店まつり

当日のプログラム

10:00~	オープニング	12:00~	チアムハヒニス
10:00~	もりやままき	13:00~	お楽しみ抽選会
10:00~	子どもサンデー	13:00~	ストリートダンス
10:00~	Kakuhaku	14:00~	パルンアート

出店者一覧

- 北中城村農業委員会
- JA北中城支店（総合生産部・女性部）
- 佐敷中城漁業協同組合北中城支所
- （一社）北中城村観光協会
- 第一農業（株）
- 沖縄協同ガス（株）
- JA北中城支店
- 北中城村加工

QR Code

ONNA

The Wonderful World of Bugs

Feb 14 – March 29

アホロサイエンス PRESENTS

美しい世界 IN OIST

THE WONDERFUL "WORLD OF BUGS"

QR Code

NAGO

Nago Products Festival

Feb 21

まんぷく! なご産 フェスティバル

QR Code

NAHA

JMSDF Sasebo Band Concert

Feb 21

海上自衛隊 第5航空隊

音楽の夕べ

2026 2/21

入場無料

会場 那覇文化芸術劇場なは一と

開演 12:00 開場 10:00

主催 海上自衛隊佐世保音楽隊

QR Code

YOMITAN

Pottery Festival

Feb 21 & 22

第33回 2026年も開催決定!

YOMITAN POTTERY FESTIVAL

読谷やちむん市

チャリティオークションも開催!

2026 雨天決行・雨天中止

2/21 22日

両日10:00~17:00

JAゆんた市場前広場（駐車場）

QR Code

ITOMAN

Itoman City Industry Festival

Feb 21 & 22

糸満市産業まつり

2/21・22

10:00-17:00

西崎親水公園（駐車場）

2日連続 大抽選会

QR Code

NAHA

Dog Festival Wonderfuls

March 7 & 8

奥武山 ワンダフルフェス

2026. 3.7(土) 3.8(日) 奥武山陸上競技場

ボランティア大募集!

ワンダフルフェスと一緒に盛り上げてくれる方大募集!

内容

- ・ボランティア活動
- ・イベント運営
- ・イベント受付
- ・イベント案内
- ・イベント清掃
- ・イベント準備
- ・イベント後片付け

日時

3月7日(土) 9時(開) 9:30~14:30

3月8日(日) 9時(開) 9:30~14:30

会場

奥武山陸上競技場

※犬が苦手な方はお断りさせていただきます

QR Code

NAHA

The Charm of the Sanshin

March 4 – 8

三線の魅力

渡慶次道政 個展

三線の魅力

令和八年三月四日(水)~八日(日)

会場

沖縄県立博物館 美術館

開館時間

9時~18時

休館日

3月7日(土)

観覧料

大人 500円

小人 250円

小学生以下 無料

※観覧料は別途お支払いください

QR Code

HIGASHI

Azalea Festival

March 1 – 22

QR Code

KADENA

Kadena Wonderland
Feb 14 & 15



2.14 SAT 15 SUN 10:00-17:00



YOMITAN

Gala Aoiumi Ao Festival
Feb 14 & 15



2/14 sat 15 sun Gala 青い海



NAHA

Sakurazaka Marche
Feb 15



2月15日(日) 11時~16時
希望ヶ丘公園



ONNA

Okinawa Island-wide Pottery Market
March 20 - 22



3.20 21 22



URUMA

Chinese New Year Bull Fight
Feb 22




YOMITAN

Pottery Exhibit 2026
Feb 7 - March 22



2.7 - 3.22



COMING SOON

Crime 101

Based on the bestselling novel by acclaimed crime writer Don Winslow, this gripping crime action thriller brings modern America's dark underworld to the screen. The film is directed by Bart Layton and features an outstanding cast of Academy Award®-recognized actors, delivering a tense and intelligent battle between law and crime.

Director: Bart Layton
Cast: Chris Hemsworth, Mark Ruffalo, Barry Keoghan, with Nick Nolte and Halle Berry

IN THEATERS FEBRUARY 13

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MIHAMA 7 PLEX
CINEMA Q
SOUTHERN PLEX**



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4-45-24 Chibana, Okinawa City
- MORNING STAND** 9 a.m. - 4 p.m. 098-988-5273
1-456 Miyagi, Chatan Town
- MORNING DOORS** 7 a.m. - 3:30 p.m. 098-901-7644
155 Sunabe, Chatan Town
- MORNING WORKS** 7 a.m. - 3:30 p.m. 098-988-5860
155-1 Mizugama, Kadena Town

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2569-1 Yaka, Kin Town
7:30 a.m. - 4 p.m.
Ph. 098-989-8631




THE REVIEW

OF A PLACE



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closed

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Exchange Wellness Services Support Healthy Starts Worldwide

1/15/2026 – Army & Air Force Exchange Service - As military families set wellness goals for the new year, the Army & Air Force Exchange Service is supporting healthier lifestyles through a broad network of convenient wellness services at installations worldwide.

The Exchange provides convenient medical and wellness services at approximately 300 locations worldwide, offering care where military communities live and serve. Each year, approximately 1.3 million patients are seen across Exchange optical and optometry centers, dental offices, chiropractic clinics and other wellness locations.

These services help families, retirees and DoW and Coast Guard civilians access everyday care close to home, reducing the need to

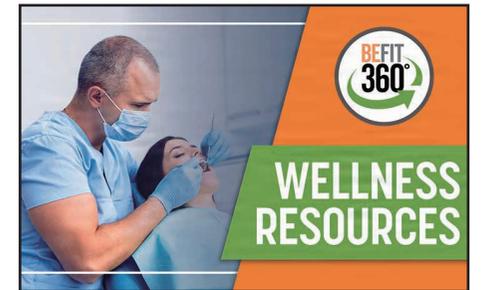
travel off installation for routine appointments.

"The Exchange is committed to supporting the wellness of our military communities," said Air Force Chief Master Sgt. Rich Martinez, the Exchange's senior enlisted advisor. "By offering convenient access to essential wellness services on installations worldwide, we help reduce barriers to care and support quality of life."

Exchange wellness offerings vary by location and may include:

- Optical and optometry services
- Dental offices
- Nutrition and wellness centers
- Medical equipment and additional supplemental services

In the fall of 2026, the Exchange will open mental health clinics at Camp Foster in Okinawa and U.S.



REFIT 360

WELLNESS RESOURCES

Army Garrison Humphreys in South Korea. Additional clinics will follow at Kadena Air Base in Okinawa, Yokota Air Base in Japan and Osan Air Base in South Korea.

Shoppers can explore available wellness services by installation through the Exchange's Wellness Hub at <https://publicaffairs-sme.com/Community/wellness/>.

In addition to wellness services, Exchange stores and ShopMyExchange.com offer gear and products that support healthy living, including activewear, athletic footwear, fitness accessories and wellness essentials from national brands.

Juicy burger bliss in Onna

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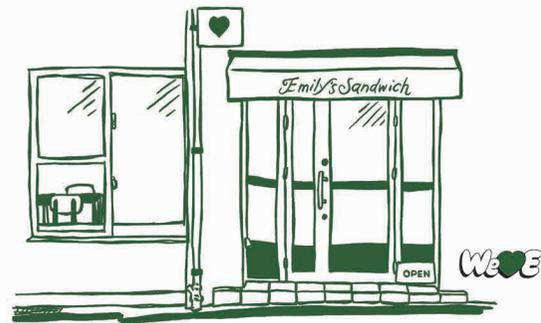
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RA-MEN GADDOU

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 TEL-098-979-7940

Image of a smash burger.

Interior view of A-side restaurant showing a bar and dining area.

Image of a burger and fries.

ONLINE ORDER
 INSTAGRAM
 GOOGLE MAP

QR codes for online order, Instagram, and Google Map.

SMASH BURGER
 OKINAWA GATE 2 STREET KOZA

我道 RA-MEN GADDOU

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

2-2-11 Mihama, Chatan

OK TO-GO!
 YEN CASH / CREDIT CARD

QR codes for location and services.

American Village To Kadena
 Camp Lester To Naha

Volcano GADDOU

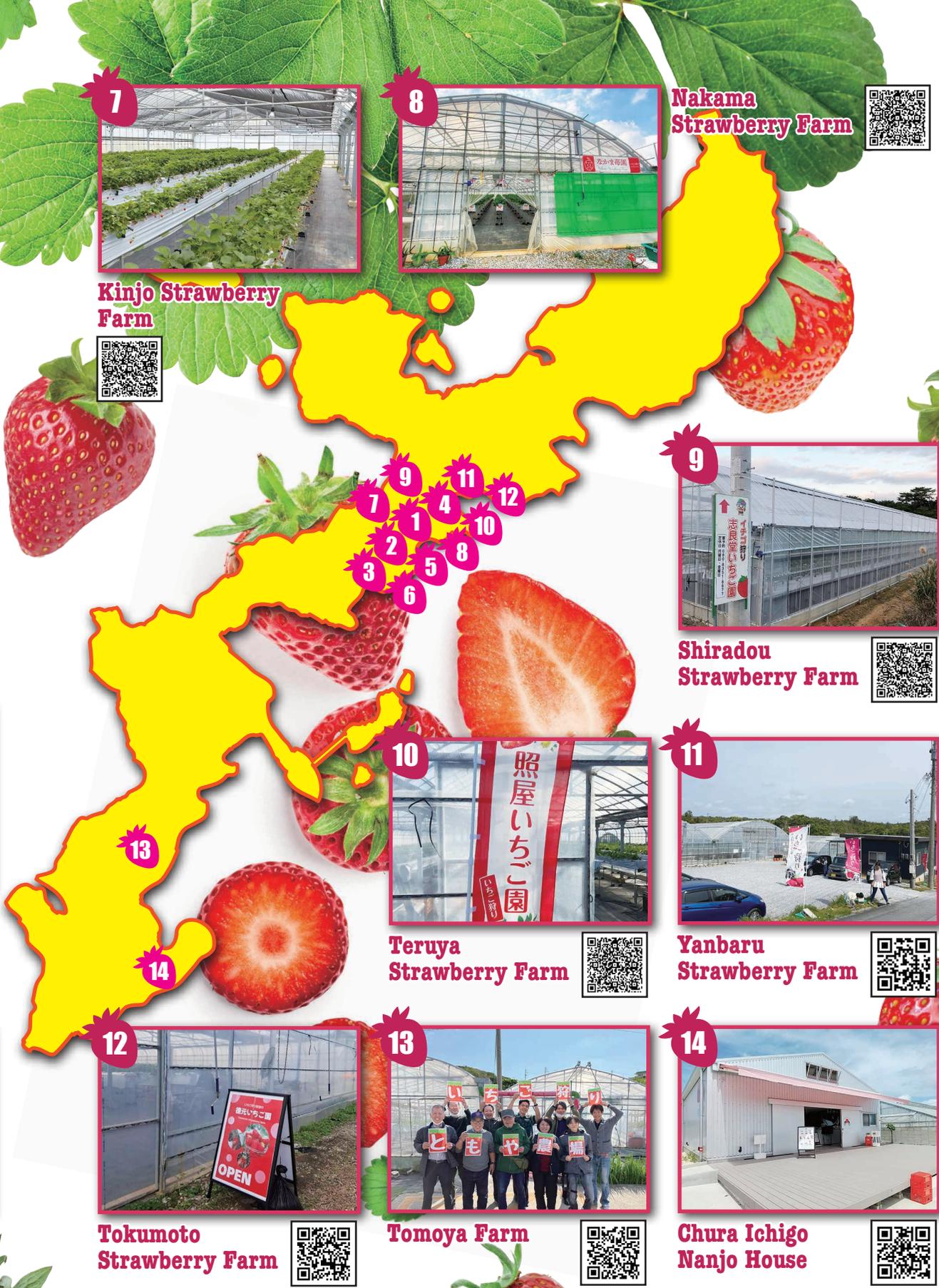
"THANK YOU FOR COMING!"

RA-MEN GADDOU

Images of staff and customers.

FRESH & SWEET PICK-YOUR-OWN STRAWBERRIES

イチゴ "Ichigo" is the Japanese word for strawberry. When you see "Ichigo" on a farm sign, you might be in luck—it could be a strawberry-picking spot! Some farms require advance reservations, so be sure to check their website before visiting. Enjoy strawberry picking near you while the season lasts.



1 Bamse Farm



2 Bubble Ichigo



3 Ginoza Strawberry Farms



4 Kafuu Strawberry Farm



5 Kanna Strawberry Farm



6 Kariyushi Strawberry Farm



7 Kinjo Strawberry Farm



8 Nakama Strawberry Farm



9 Shiradou Strawberry Farm



10 Teruya Strawberry Farm



11 Yanbaru Strawberry Farm



12 Tokumoto Strawberry Farm



13 Tomoya Farm



14 Chura Ichigo Nanjo House



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Uber Eats

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How I Became a Muslim

Mujahid Abdullah

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Naha

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Awase Store
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Ph. 098-931-9911

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VERSES FROM THE HOLY QUR'AN

Al Maa'idah (The Bountiful Meal)

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

O you who believe (in The Creator)! Stand out firmly for G-D, as witnesses to fair dealing, and let not the hatred of others towards you, make you swerve to wrong and depart from Justice.

Be just; that is next to Religious Devotion. And be conscious of The Creator. For G-D is well acquainted with everything that you do. To those who believe and do deeds of righteousness, has G-D promised forgiveness and a great reward

Those who reject Faith and deny ****OUR Messages, will be Companions of Hell-Fire.**

O you who believe! Call in remembrance the Favor of G-D unto you, when certain men formed the design to stretch out their hands against you; but (G-D) held back their hands from (doing harm) to you: So be conscious of The One G-D. And on G-D let (all) believers put their trust.

G-D did in the past, take a Covenant from the Children of Israel, and WE appointed twelve Captains among them. And G-D said (to them):

"I am with you: (only) If you establish regular Prayers; practise regular Charity, believe in MY Messengers, honor and assist them, and loan to G-D a beautiful loan; verily I will wipe out from you, your evils and admit you to Gardens with rivers flowing beneath; But if any of you, after this resist Faith, he has truly wandered from the path of rectitude".

But because of their breach of their Covenant, WE cursed them, and made their hearts grow hard:

[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.



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Yahya Abdullah



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



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NEWSPRINT



U.S., Japan Ground Self-Defense Force commence New Year's Jump

U.S. Army paratroopers assigned to the 11th Airborne Division descend during a practice jump for the New Year's Jump Exercise at Camp Narashino Base, Jan. 9. The New Year's Jump is an annual exercise that aims to bring good luck to paratroopers in the new year and strengthen the bonds between allied nations as they reaffirm their shared goal of safeguarding peace and stability in the Indo-Pacific region.

(U.S. Air Force photo by Amn Teresa Figueroa)

Yamato City and NAF Atsugi held Dezomeshiki

Fire fighters from the Yamato city fire department close out the 2026 Yamato Dezomeshiki with a live demonstration in the Hikichidai Park Reiwa



(U.S. Navy photo by Mass Communication Specialist 3rd Class Brianna Bonilla)

Square, Jan. 11. The event is an annual New Year's tradition that showcases fire department assets from both Yamato City and Naval Air Facility (NAF) Atsugi. NAF Atsugi supports the combat readiness of Commander, Fleet Air Western Pacific, Commander, Carrier Air Wing (CVW) 5, Helicopter Maritime Strike Squadron (HSM) 51 and 23 other tenant commands, and provides logistic support, coordination, and services to units assigned to the Western Pacific.

Annual Joint CPO Mochi Pounding Ceremony



(U.S. Navy photo by Sheryl Sullivan)

Japan Maritime Self-Defense Force chief petty officers, along with their families and friends, visited Commander, Fleet Activities Yokosuka (CFAY) Naval Base, Jan. 17.

The celebration brought together the CFAY community for the Annual Chief Petty Officer Association Mochi Pounding Festival at Yokosuka Naval Base. Sailors and families from both communities gathered to take part in traditional Japanese rice-harvest customs, creating a hands-on cultural experience that strengthened shared heritage, mutual respect, and camaraderie between the two Chiefs' Messes.

Kawashimo Tondo Bonfire Festival



(U.S. Marine Corps photo by Lance Cpl. Isaac De Leon)

Community leaders, strike a sake barrel's top with wooden mallets at a traditional Tondo festival at Kawashimo Elementary School, Iwakuni, Jan. 12. The annual festival marks the Japanese New Year and Coming of Age Day, bringing together community leaders and residents to pray for good health, prosperity, and strong ties between the local community and U.S. residents of Marine Corps Air Station Iwakuni.

Team Yokota welcomes runners for 45th Annual Frostbite Road Race



(U.S. Air Force photo by Senior Airman Samantha White)

Runners participating in the half-marathon run across the starting line during the 45th Annual Frostbite Road Race at Yokota Air Base, Jan. 18. Over 9,000 attendees participated in the event, with both American and Japanese runners gathering to partake in a 2K family and kids run, a 5K run and a half-marathon.

FIBROMYALGIA

Strategies for Managing An Enigmatic Disease

Dr. Ceabert J. Griffith



During the week following her 31st birthday, Jane, a successful businesswoman, developed a severe sore throat and diffuse muscle pain. For the first time in ten years, Jane was forced to take sick leave. One week later, despite aggressive self-treatment, Mary's symptoms persisted, and she sought medical care. Her primary care doctor did a throat culture and prescribed an antibiotic, saline gargles, and a pain reliever. In the ensuing week, Jane's symptoms worsened, and she followed up with her doctor. Jane's doctor ordered a battery of tests and

reassured her that her symptoms would abate in a few days.

That was four years ago. At age 35, Jane still experiences recurrent sore throat, chronic fatigue, tender muscles, and almost-daily headaches. Poor sleep quality and memory impairment ensure the persistence of her physical and emotional symptoms. Socially, Jane feels isolated and has been unemployed since the onset of her symptoms. Jane was finally diagnosed with fibromyalgia. What is fibromyalgia, how is it diagnosed, and how is it treated?

Features of Fibromyalgia:

Fibromyalgia is an enigmatic, multisystem illness that has frustrated patients, clinicians, and medical researchers for decades. It affects an estimated 5 to 8 million American adults, with women disproportionately affected. Fibromyalgia sufferers report a long list of symptoms that include widespread body pain, trigger points, chronic fatigue, soft tissue swelling, poor circulation, depression, cognitive impairment

(i.e., "Fibro Fog"), and sleep disturbance. Fibromyalgia shares some of the same features as chronic fatigue syndrome, another mysterious illness. Current theory is that Fibromyalgia is caused by a desynchrony between how the brain and spinal cord process pain signals.

Management of Fibromyalgia:

The National Fibromyalgia Association recommends a thorough

understanding of fibromyalgia. It is important to work closely with an empathetic doctor knowledgeable about fibromyalgia. In general, management strategies include medical nutrition therapy, cognitive behavioral therapy, massage therapy, and graded physical activity. For more information on fibromyalgia, talk with your primary care provider or visit the National Fibromyalgia Association's Website at www.fmaware.org

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

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

Local Hospital & Medical Clinic DIRECTORY



General	Hospital/Clinic Name	Address	Contact	Emergency
	Urasoe General Hospital	1-56-1 Maeda, Urasoe	/ 098-878-0231	Emergency
	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

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

Gusuku Road Park (Nanjo City)





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



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

MSA

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- 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.



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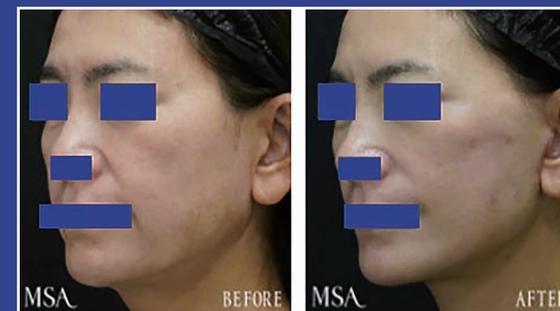


Dr. Austin Morello

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.

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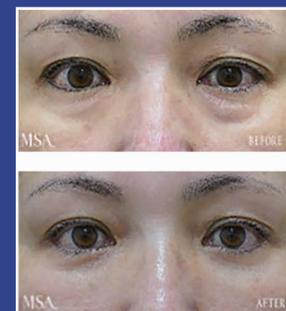


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Risks

Bruising, Swelling, Pain



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Risks

Bruising, Swelling, Pain



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