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JULY ★ AUGUST
Bulletin

THE REVIEW OF A PLACE
RAMEN MOTONARI



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Issue 31 >> July 8, 2026





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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

VP-26 Tridents Load Torpedo to a P-8A Poseidon

(U.S. Navy photo by Mass Communication Specialist 2nd Class William Bennett IV)

U.S. Navy Sailors assigned to Patrol and Reconnaissance (VP) 26 prepare to load a Mark 54 lightweight torpedo onto a P-8A Poseidon on Kadena Air Base, June 5. VP-26 is forward deployed to U.S. 7th Fleet. U.S. 7th Fleet, the Navy's largest forward-deployed numbered fleet, routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific.

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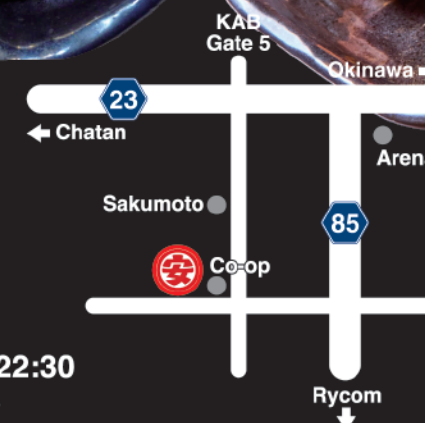


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Brig. Gen. Rizzo assumes command of Marine Corps Installations Pacific



(U.S. Marine Corps photo by Lance Cpl. Joseph Kreis)
U.S. Marine Corps Maj. Gen. Brain Wolford, the former commanding general of Marine Corps Installations Pacific, right, passes the unit guidon to Brig. Gen. Ralph Rizzo, the commanding general of MCIPAC, during a change of command ceremony at Marine Corps Air Station Futenma, June 12. Wolford served for two years as the commanding general and relinquished command to Rizzo, who previously served two years as the commanding general for Marine Corps Installations East.

Okinawa Catholic High School students tour MCAS Futenma



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

Local high school students look through binoculars while touring the air traffic control tower at Marine Corps Air Station Futenma, June 11. Okinawa Catholic High School students toured MCAS Futenma learning about the integration of Japanese and American traditions and values on military bases.

Okinawa Memorial Day 81st Anniversary Ceremony at Peace Memorial Park

Attendees march to "The Cornerstone of Peace" monument during an Okinawa Memorial Day ceremony at the Peace Memorial Park in Mabuni, Itoman, June 23. The annual ceremony, hosted by the American Chamber of Commerce in Okinawa and United Service Organizations Okinawa, commemorates the lives lost and the end of the Battle of Okinawa.



(U.S. Marine Corps photo by Lance Cpl. Anastasia Dausillo)

Ribbon Cutting Ceremony for New Camp Hansen Barracks



(U.S. Marine Corps photo by Pfc. Dulce Alvarez Lemus)

Murai Masaru, the director general of the Okinawa Defense Bureau, U.S. Marine Corps Sgt. Maj. Jorge Ortiz, the senior enlisted leader of Marine Corps Installations Pacific, and Maj. Gen. Brian Wolford, commanding general of MCIPAC, cut a ribbon during a barracks ribbon-cutting ceremony at Camp Hansen, June 6. The ceremony highlighted future projects under the Defense Policy Review Initiative to strengthen the relationship between the U.S. and the Government of Japan.

CMSSF tour Okinawa installations, highlights joint force integration

Chief Master Sgt. of the Space Force John Bentivegna speaks with U.S. Air Force Chief Master Sgt. Will Cupp, 18th Wing command chief, during a flight in an HH-60W Jolly Green II assigned to the 33rd Rescue Squadron at Kadena Air Base, June 12. The immersion offered a closer look at the people and capabilities that support the 18th Wing's mission.



(U.S. Air Force photo by Airman 1st Class Arnet Tamayo)

「USOほど素晴らしい支援をしてくれる組織はありません。
私のすべての勤務地、すべての任務の中で、USOはいつもそこにいてくれました。」
—U.S. Service Member

JULY AUGUST bulletin

A!

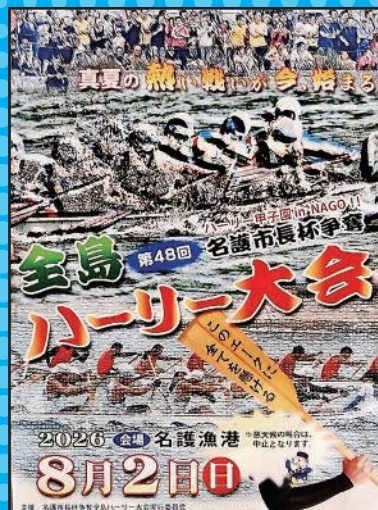
NAHA



Naha Air Base Summer Festa
July 31



NAGO



Nago Harii
Aug 2



TOMIGUSUKU



Tomigusuku Harii Festival
July 19 & 20



NAHA



Okinawa Karate World Festival
July 30 – Aug 2



CHATAN



Sunset on the Beach
July 18



NAHA



Ricca Ricca Festa
July 24 – 30



KIN



Youth Eisa Festival
July 19



NAHA



Naha Local Breweries' Garden
Aug 1 & 2



GINOWAN



Master Peace Okinawa Music & Art Festival
July 19 & 20



URUMA



Cloud9 Beach Festival
July 18



OKINAWA



Palmyra Street Night Market
July 10 & 11



OKINAWA



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July 11



IHEYA



Iheya Island Festival
July 18 & 19



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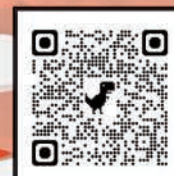


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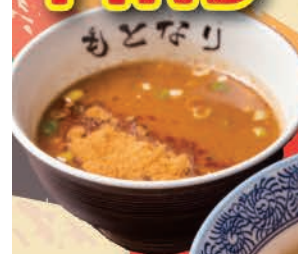
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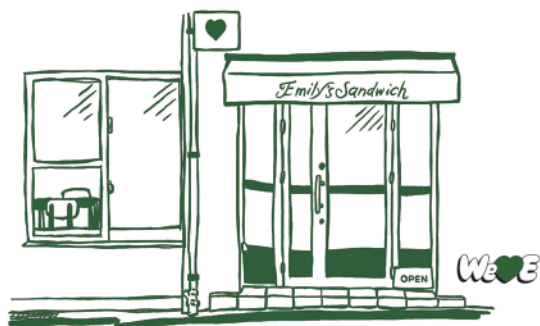
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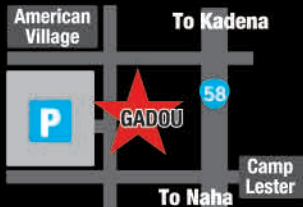
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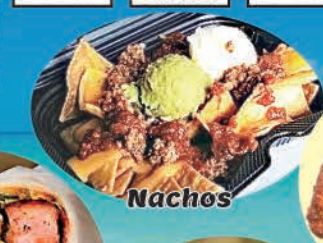
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VERSES FROM THE HOLY QUR'AN

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

Al Ankabut (The Spider)

"For we are going to bring down on the people of this territory a punishment from Heaven, because they have been wickedly rebellious."

And **WE have left thereof an evident (divine) Message, for any people who (care) to understand.

To the Madyan (people), WE sent their brother **Shu'ayb**. Then he said: "O my people! Serve G-D, and be conscious of the Last Day (of Judgement): Nor commit evil on Earth, with intent to do mischief."

But they rejected him: then the Mighty **Blast** caught them (by surprise), and they laid face down, in their homes by the morning.

(Remember also) the Aad and the Thamood (peoples): Clearly will appear to you from (the traces) of their (destroyed) buildings (their fate):

The Evil One made their (wicked) deeds desirable to them, and kept them back from the (righteous) **Guidance**, though they were gifted with Intelligence and Skill.

(Remember also) Qaarun, Pharaoh, and Haamaan: there came to them **Moses** with Clear (**divine**) Messages, but they behaved with arrogance on the Earth; yet they could not outsmart (G-D).

[End of Part 2]

*G-D instead of God. God when spelt backwards is *dog*. This is not a proper spelling for a word, that is used for The All-Mighty Creator of the Heavens and Earth.

** WE, Ourselves, US as revealed in the Qur'an is a reference to the Angels who have been assigned by The Creator to control everything in HIS creation.

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Yahya Abdullah

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

Lifestyle Steps to Manage Non-Alcoholic Fatty Liver Disease

Dr. Ceabert J Griffith

Non-alcoholic fatty liver disease (NAFLD) is a global public health crisis affecting approximately 25% to 32% of adults worldwide, according to the World Health Organization. The American Liver Foundation estimates that up to 30% of American adults (about 100 million individuals) are affected. NAFLD parallels the national and global rates of obesity and type 2 diabetes. Despite its widespread nature, many individuals remain unaware they have NAFLD because it frequently presents no symptoms in its early stages. This silent pandemic is characterized by the accumulation of excess fat in liver cells. If left unmanaged, the condition can insidiously progress to non-alcoholic steatohepatitis, a more aggressive form characterized by liver inflammation and scarring (fibrosis), which can eventually lead to cirrhosis or liver failure.



Risk Factors For NAFLD

The underlying causes of NAFLD are linked to metabolic syndrome, a cluster of conditions that include obesity, insulin resistance, high blood pressure, and abnormal cholesterol levels. When the body consumes more calories and carbohydrates than it can process, the surplus is converted into triglycerides and stored in the liver. Chronic overconsumption of sugary drinks, processed snacks, and saturated fats drastically accelerates this fat buildup. Genetics also plays a role, but lifestyle factors are the primary drivers.

Lifestyle Ways to Reverse NAFLD

There are no universally approved medications for directly treating NAFLD. Fortunately, the liver has a remarkable capacity to heal and shed excess fat. Early stages of NAFLD can be reversed through targeted lifestyle modifications like sustained weight loss, dietary changes, and regular physical exercise. The following behavioral changes can reverse NAFLD:

Sustained Weight Loss: Losing excess weight is the single most effective way to reverse NAFLD. Medical experts recommend a gradual weight reduction of 7%

to 10% of your total body weight to significantly reduce liver fat and inflammation. Even a modest 3% to 5% weight loss can yield measurable improvements.

Adopting a Plant-Based, Nutrient-Dense Eating Style:

The traditional Okinawan eating pattern and the Mediterranean Diet emphasize whole, plant-based foods, fresh vegetables, lean proteins, and healthy fats like olive oil. It actively reduces the intake of simple carbohydrates, added sugars, and processed meats.

Regular Physical Activity:

Engaging in regular exercise helps decrease intrahepatic triglycerides and improves insulin sensitivity, independent of weight loss. Clinical guidelines generally recommend accumulating at least 150 minutes of moderate-intensity aerobic exercise per week.

Avoid Metabolic Triggers:

Because NAFLD is linked to cardiovascular disease risk and diabetes, effectively controlling blood sugar, lowering cholesterol, and strictly limiting or avoiding alcohol consumption are critical to preventing further liver damage.

Conclusion: By making consistent, long-term adjustments to diet and physical activity, you can successfully shrink liver fat content, reduce inflammation, and reverse NAFLD. For more tailored guidance on starting a diet and exercise program, consult your primary care provider.

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. A Harvard Medical School-trained wellness coach based in Okinawa, Japan, he has authored three health-focused books sold on Amazon.com: *"9 Simple Steps to Prevent Cancer"*, *"15 Power Habits of Wellness"*, and *"11 Power Habits to Defeat High Blood Pressure."* Connect with him at: okiwellnessdoc@yahoo.com

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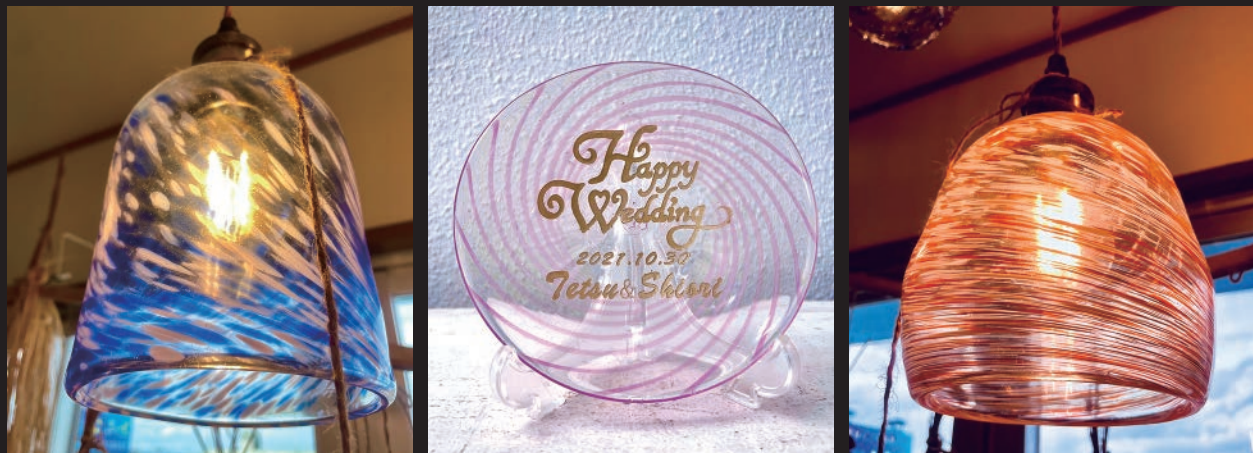
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