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Okinawa's
English
Magazine

OKINAWA CRAFT BEER - SPECIAL -



AUGUST ★ SEPTEMBER Bulletin

**THE REVIEW OF A PLACE
HALE NOA CAFE**



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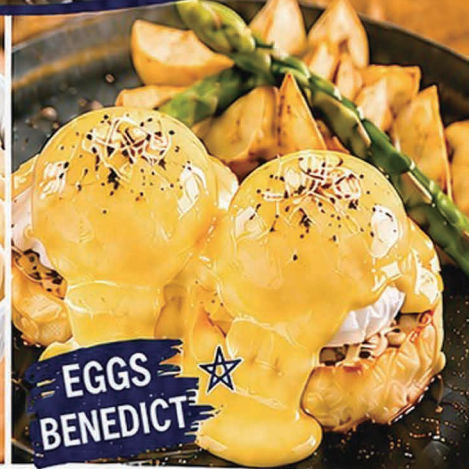
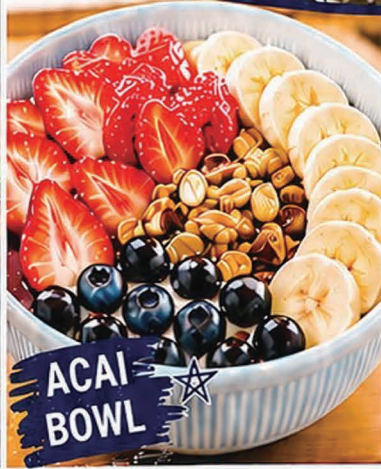
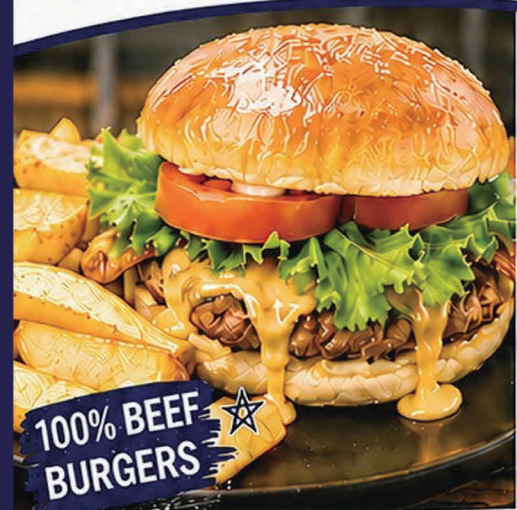


Issue 32 >> August 5, 2026

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VOICE

P A P E R

VOICE PAPER
features Okinawa's
local events, off-base
locations, and U.S.
military activity on the
island and across the
Asia-Pacific region.

Duty

on the island

U.S. Marines with 3/7 Conduct Close Air Support training



(U.S. Marine Corps photo by Staff Sgt. Trey Q. Michael)

U.S. Marines with 3rd Battalion, 7th Marine Regiment, 1st Marine Division currently forward deployed with 4th Marine Regiment, 3rd Marine Division as part of the Unit Deployment Program, prepare to dismount establish an observation post prior to a close air support range on Camp Schwab, July 8. The range was conducted to improve the Marines' tactical proficiency while conducting CAS maneuvers.

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BUILDING CONNECTIONS WITH OUR MILITARY COMMUNITY: STATS

2025年 USO沖縄センター 活動実績指標



185,010
センター来館者数



91,701
プログラム参加者数



1,462
プログラム実施数



3.2M - Facebook
1.46M - Instagram
ソーシャルメディア
インプレッション数



4.1K - Facebook
924 - Instagram
ソーシャルメディア リーチ数



61K - Facebook
10K - Instagram
フォロワー数

★ ★ ★ 342,438 ★ ★ ★

USO沖縄センターにおけるサービスメンバー対応件数 2025

ご支援・ご協賛の機会

スポンサー権利および特典

マーケティング・広報

- USO沖縄ロゴ使用权
- 沖縄のウェブサイト・SNSページでのブランド掲載
- USO沖縄全センターのデジタルサイネージでの企業ロゴ掲出
- パートナーシップ発表に関するUSO沖縄SNSでの企業紹介投稿
- 社員参加プログラムにおけるブランド露出機会
- USOセンター内での貴社プロモーション実施

USO活動への参加およびプログラム連携

- USO沖縄の四半期プログラム（USOセンタープログラム、USOホリデー、ミリタリー感謝デー、等）におけるロゴ・ブランド掲出
- テーブル設置または企業バナー掲出機会
- プログラム関連SNS投稿（イベント写真含む）でのブランド紹介
- 相互協議に基づくブース設置機会
- 貴社経営層向けUSOセンターツアー実施機会

Investment
Level

ご支援内容・
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USO Okinawa Area Director Henry Hughes
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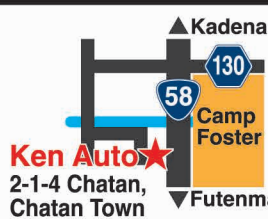
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AUGUST SEPTEMBER bulletin

A!

OKINAWA



All-Island Eisa Festival
Sept 4 – 6

Orion Beer Fest
Sept 5 & 6



OKINAWA



Shio no mori Beach Festa
Aug 15 & 16



YONABARU



Yonabaru Tug-of-war Festival
Aug 16



ITOMAN



Okinawa All Fes / Okinawa All Blue
Aug 16



OKINAWA



Meat Festival
Aug 15 & 16



YOMITAN



Takashiho Main Street Eisa Festival
Aug 23



TOMIGUSUKU



Sanrio Character Fest
July 18 – Sept 27



OKINAWA



All-Island Soccer Festival 2026
Aug 29



OKINAWA



Eisa Night in Okinawa City
Aug 9



CHATAN



Eisa Festival in Chatan
Aug 9



OGIMI



Ogimi Village Summer Fest
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Director: David Robert Mitchell

Producer: J.J. Abrams

Starring: Anne Hathaway, Ewan McGregor,
Maisy Stella, Christian Convery

IN THEATERS AUGUST 14



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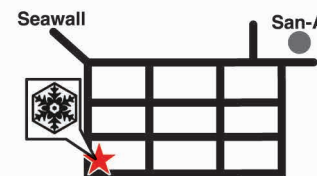
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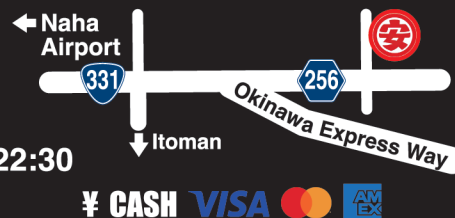


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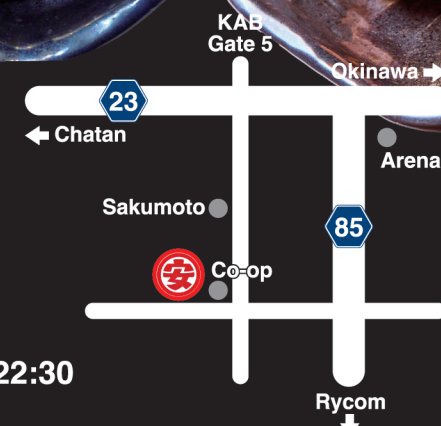


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THE REVIEW

OF A PLACE



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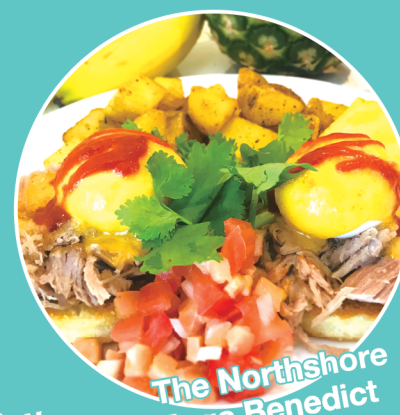
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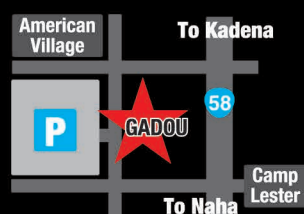
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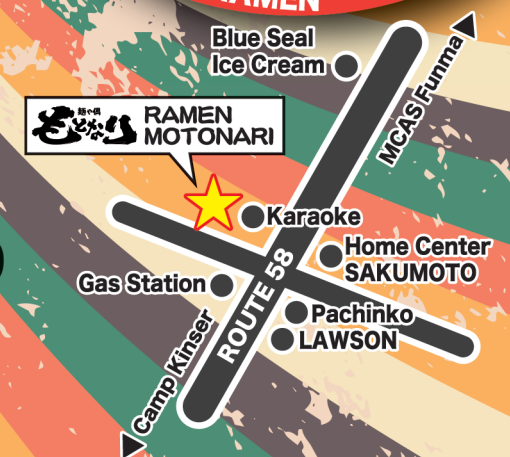


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VERSES FROM THE HOLY QUR'AN

With The Name of The One True *G-D,
The Merciful Benefactor, The Merciful
Redeemer
Al Ankabut (The Spider)

Each one of them WE seized for his crime: of them, against
some WE sent a violent **Tornado** (with showers of stones);
some were caught by a (mighty) **Blast**; some we caused the
Earth to **swallow** up; and some WE **drowned** (in floods and
Tsunamis).

*It was not G-D Who injured (or oppressed) them: They
injured (and oppressed) their own souls.*

*The Parable of those who take protectors other than The
One True G-D, is that of the Spider; who builds (for itself) a
house; but truly the flimsies of houses is the Spider's house
- if they but knew.*

*Verily G-D does know of whatever that they call upon
besides HIM: and HE is Exalted, Wise.*

*And such are the Parables WE set forth for Mankind, but
only those understand them who have Knowledge.*

*The One G-D created the Heavens and earth in true
(expanse): Verily in that is a Message for those who
believe.*

Recite what is sent of the **Revelation** by Inspiration to you,
and establish regular Prayer: for Prayer restrains from
shameful and unjust deeds:

And remembrance of G-D is the greatest (thing in life)
without doubt. And G-D knows the (deeds) that you do.

[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

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	Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
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Battle of The Belly Understanding and Conquering Abdominal Fat

Dr. Ceabert J. Griffith

Those stubborn few pounds around the waist (called visceral fat) are more than just an esthetic concern. Visceral fat is an active organ that contributes to many health problems. Medical experts link excessive belly fat to chronic inflammation. This inflammation drives Type 2 diabetes, cardiovascular disease, hypertension, non-alcoholic fatty liver disease, stroke, and dementia. According to the Centers for Disease Control and Prevention, three major lifestyle triggers instruct the body to store visceral fat: (1) chronic stress, (2) non-restorative sleep, and (3) ultra-processed foods, and excessive caloric intake.



Chronic Stress

Your reaction to an event determines whether it causes stress. Daily triggers include traffic jams, demanding work deadlines, marital difficulties, and financial problems. The adrenal glands produce cortisol in response to chronic stress. High cortisol levels signal abdominal receptors to pull circulating triglycerides out of the bloodstream and store them deep within the belly. Cortisol also suppresses the brain's sensitivity to leptin, the hormone that signals fullness. The result is a double blow: you experience intense cravings for comfort foods while your body simultaneously primes your abdomen to store those extra calories as deep visceral fat.

Stress management: Managing stress is fundamental to long-term health and healthy body composition. A balanced low-stress life requires a quiet mind (e.g., mindfulness and gratitude), nutrient-dense foods, daily movement, restorative sleep, and supportive relationships.

Non-Restorative Sleep

Poor sleep quality and reduced sleep quantity alter the delicate balance of two critical appetite-regulating hormones: ghrelin and leptin. Ghrelin is the hormone that signals to your brain that it is time to eat. Leptin is

the hormone that signals that you are satisfied. A single night of non-restorative sleep causes ghrelin levels to spike and leptin levels to plummet. This hormonal shift creates a powerful biological drive to overeat, specifically targeting quick-energy carbohydrates and sugars. When you are sleep-deprived, your fat and muscle cells become less responsive to insulin, forcing your pancreas to pump out even more of this fat-storage hormone to manage your blood sugar.

Sleep Management: Treat your sleep as a non-negotiable component of your overall health and wellness. Aim for 7 to 9 hours of uninterrupted sleep each night. Keep your bedroom cool, dark, and entirely free of electronic screens for at least two hours before bedtime to optimize natural melatonin production.

Ultra-Processed Foods and Excessive Caloric Intake

Ultra-processed foods—such as packaged baked goods, sugary cereals, fast food, and sodas—are engineered to be rapidly digested and absorbed into the bloodstream. This lightning-fast absorption causes a massive, immediate spike in blood glucose. In response to this glucose surge, your pancreas releases a large wave of insulin to clear the sugar

from your blood, which is then stored as visceral fat. High insulin levels actively block lipolysis, the process by which your body breaks down stored fat to use for energy. Compounding this issue is the widespread consumption of high-fructose corn syrup. Unlike glucose, which can be used by cells throughout your entire body, fructose must be metabolized exclusively by your liver. When your liver is overwhelmed by a sudden influx of fructose from sweet drinks or processed snacks, it converts the excess sugar directly into fat.

Plant-Based, Nutrient-Dense Eating: The traditional Okinawan eating pattern and the Mediterranean Diet prevent visceral fat storage. They emphasize whole, plant-based foods, fresh vegetables, lean proteins, and healthy fats like olive oil. These eating styles actively reduce the intake of simple carbohydrates, added sugars, and processed meats. The fiber in plant-based foods slows down digestion, preventing the sharp insulin spikes that drive belly fat storage.

Conclusion

Conquering excessive visceral fat involves a solid plan that includes stress management, restorative sleep, and reducing the intake of ultra-processed foods and excessive calories.

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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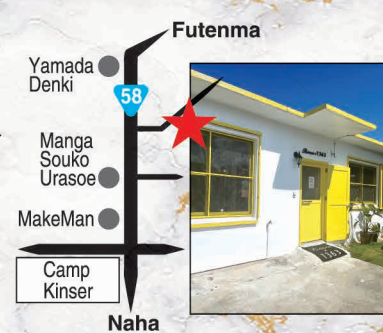


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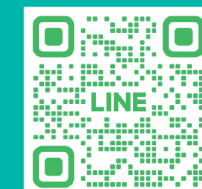
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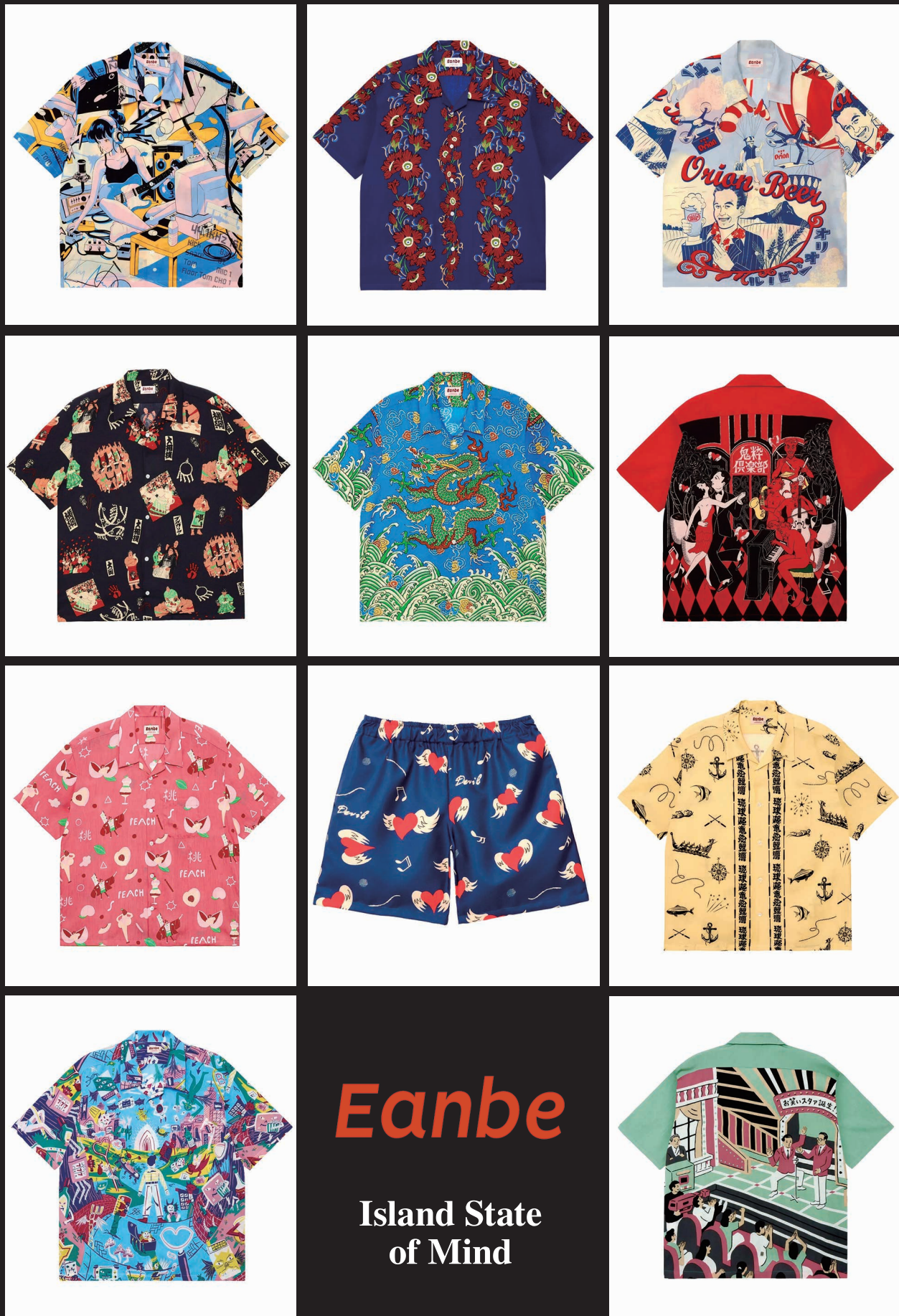


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