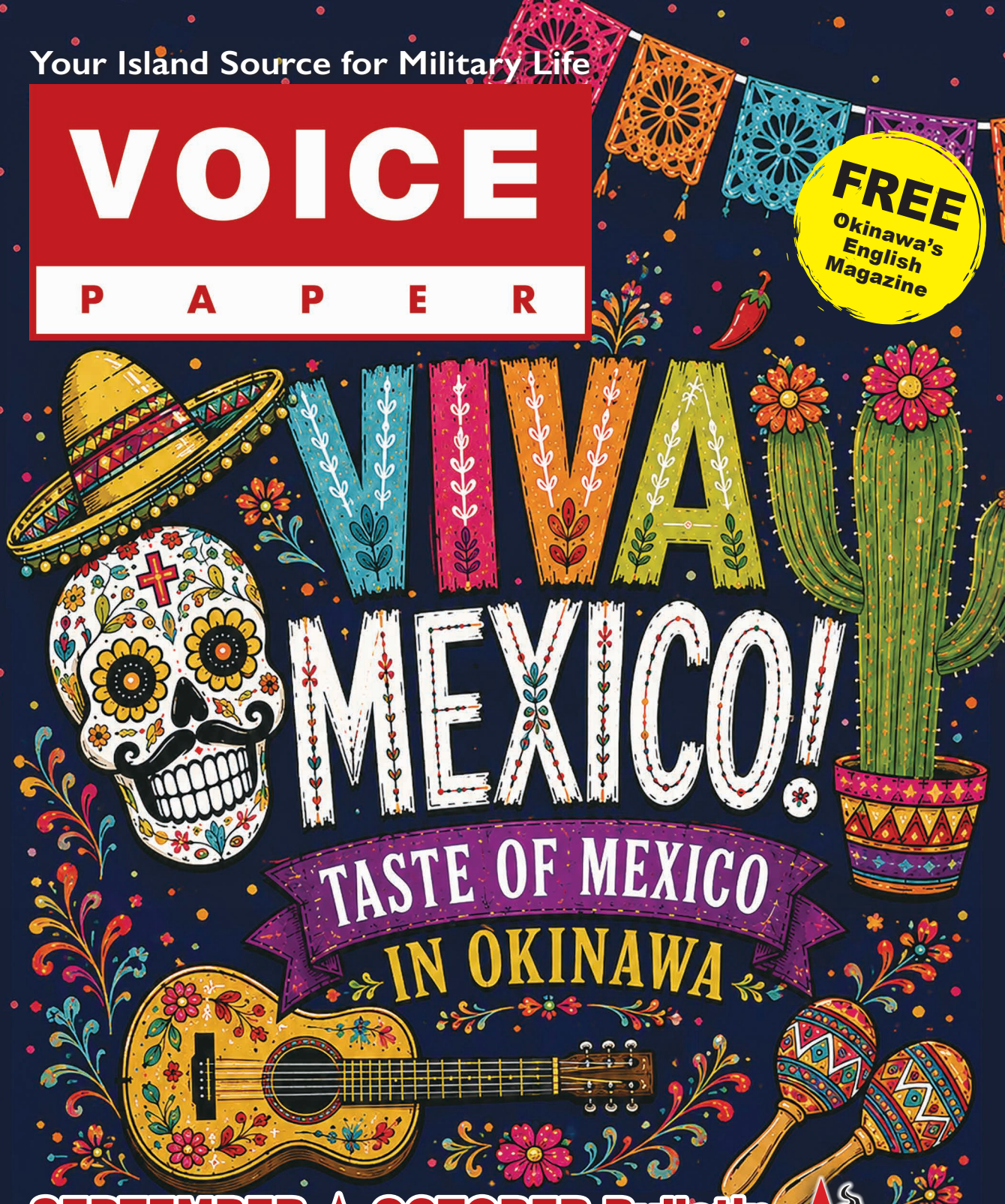
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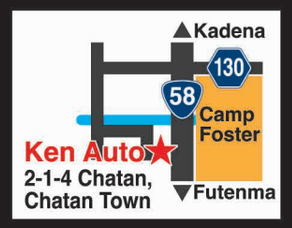

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Duty on the island

MASS-2 loads Ultra-Light Tactical Vehicles onto MV-22B Osprey in preparation for 31st MEU operations



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

U.S. Marine Corps Cpl. Viktor Rodriguez, left, a tactical data systems technician with Marine Air Support Squadron 2, Marine Air Control Group 18, 1st Marine Aircraft Wing, drives an Ultra-Light Tactical Vehicle during a vehicle load exercise at Marine Corps Air Station Futenma, Aug. 17. Marines with MASS-2 and Marine Medium Tiltrotor Squadron 262, Marine Aircraft Group 36, 1st MAW participated in a vehicle load exercise in preparation for 31st Marine Expeditionary Unit operations.

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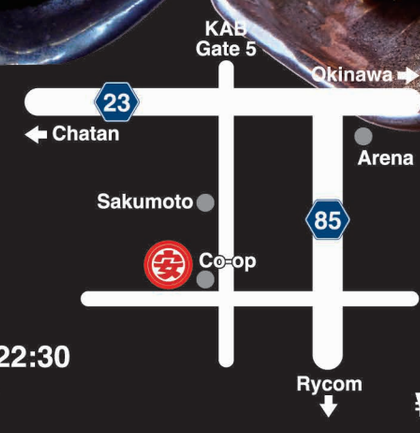


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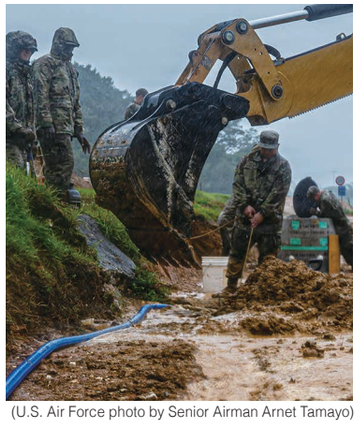
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Uber Eats

THE ISLAND NEWS BRIEF

18th CES leads recovery operations after Typhoon Dolphin



(U.S. Air Force photo by Senior Airman Arnet Tamayo)

U.S. Air Force Airmen assigned to the 18th Civil Engineer Squadron prepare a site for water line recovery at Kadena Air Base, Aug. 8. As recovery operations began, the Water and Fuels System Maintenance Flight installed sump pumps to remove water and locate the ruptured pipe.

Camp Foster hosts exhibition soccer match with the community

Members of Okinawa City Female Soccer Club and Fuega Football Club compete in an exhibition soccer match at Camp Foster, Aug. 16. Status of Forces Agreement Personnel competed in an all-women's soccer game to strengthen the relationship between the military and the local community.



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

Capt. Gilliard Meets With Host Nation Doctors During Courtesy Visit



(U.S. Navy photo by Mass Communication Specialist 1st Class Simon Pike)

Capt. Richard Gilliard Jr., center-right, commanding officer, U.S. Naval Hospital Okinawa, poses for a photo with host-nation doctors following a courtesy visit, in Uruma, Aug. 4. During the visit, Capt. Gilliard and host-nation doctors shared their desires to continue building relationships and upheld their commitment to support one another in the event of natural disasters like typhoons and earthquakes.

U.S. Service Members and Okinawans Participate in Operation Golden Gate 2

U.S. service members, community members, and local leaders pick up trash during Operation Golden Gate 2 at Okinawa City, Aug. 2. Marines and Sailors assigned to Headquarters and Support Battalion, along with joint service members across Okinawa, participated in the weekly cleanup event to promote environmental stewardship and reinforce the U.S.-Japan alliance.



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

Kadena Language Institute tours Kadena Air Base



(U.S. Air Force photo by Senior Airman Amy Kelley)

Kadena Language Institute students and teachers pose for a photo at the Ryukyu Islands Surrender Site during a tour at Kadena Air Base, July 17. KLI hosts monthly exchange events between students and military members to help develop the students' foreign language skills.

U.S. Army MEDDAC-J Leadership Visits U.S. Naval Hospital Okinawa



(U.S. Navy photo by Mass Communication Specialist 1st Class Simon Pike)

Leadership from Medical Department Activity Japan (MEDDAC-J) and U.S. Naval Hospital Okinawa pose for a photo during a hospital visit on the USNHO quarterdeck at Camp Foster, Aug. 14. Pictured (left to right) are Army Maj. Kevin Knight, deputy commander for administration, MEDDAC-J; Army Col. Michael Armstrong, commander, Dental Health Activity-Japan; Army Sgt. Maj. Katie Bledsoe, chief medical noncommissioned officer, MEDDAC-J; Army Col. Michele Kehrle, commander, MEDDAC-J; Navy Capt. Robyn Treadwell, executive officer, USNHO; and Senior Chief Hospital Corpsman Will Imperial, command suite senior enlisted leader, USNHO. During the visit, leadership discussed joint force collaboration to enhance access to care for service members and families across Okinawa.

III Marine Expeditionary Force Support Battalion Marine rushes to aid occupants during Chatan hotel fire

U.S. Marine Corps Lance Cpl. Marshall Martinez, a native of California and a combat engineer with III Marine Expeditionary Force Support Battalion, III MEF Information Group, poses for a photo at Camp Hansen, Aug. 19. Martinez helped evacuate occupants from a burning hotel in Chatan and assisted in gaining access to an occupant trapped inside on Aug. 15.



(U.S. Marine Corps Staff Sgt. Forde Nesteby)





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Uruma Eisa Festival
Sept 19 & 20

CHATAN



Sunset on the Beach
Sept 19

ITOMAN



Itoman Tug-of-war Festival
Sept 25

GINOWAN



Okinawa Kanasa Fireworks
Sept 19

GINOWAN



Youth Eisa Festival
Oct 3 & 4

YOMITAN



Youth Eisa Festival
Sept 26 & 27

ONNA



Unna Festival
Oct 3 & 4

URUMA



Okinawa Island-Wide Shisa Dance Festival
Oct 10 & 11

SEPTEMBER – OCTOBER bulletin AT!

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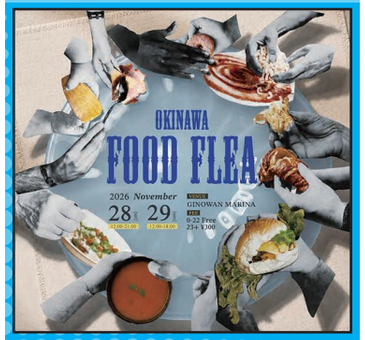
Nakijin Harii
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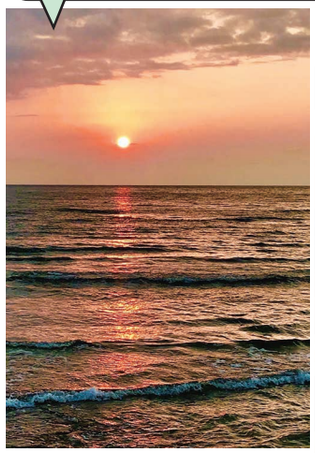


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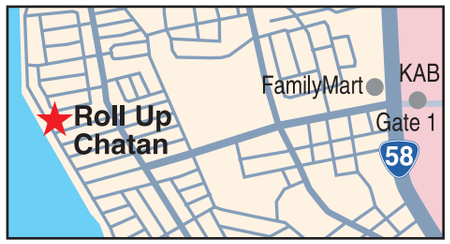


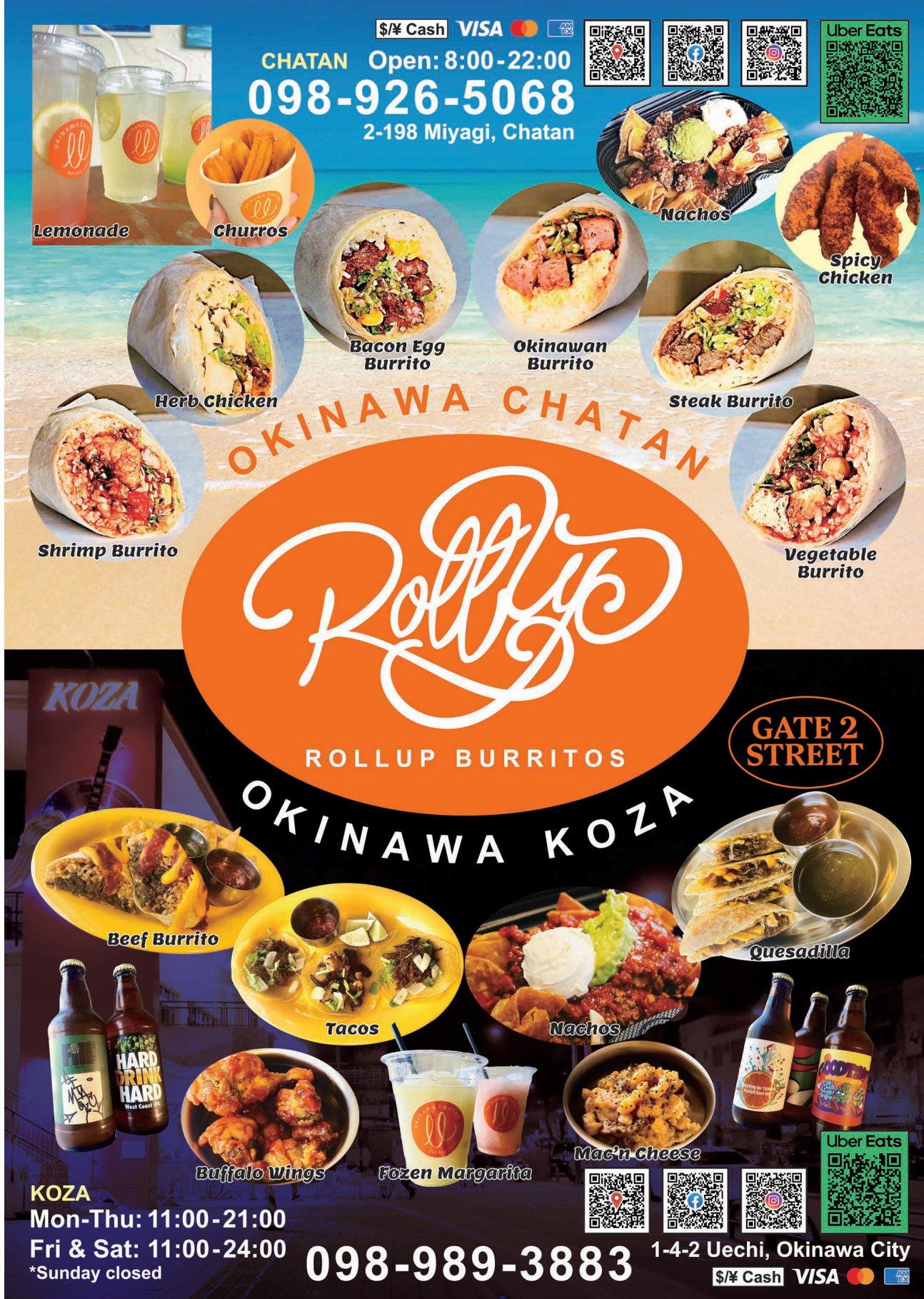
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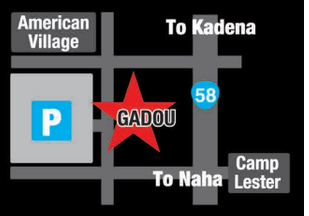
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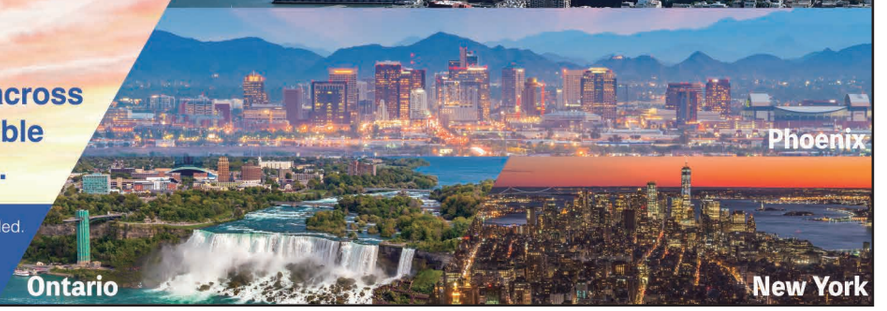
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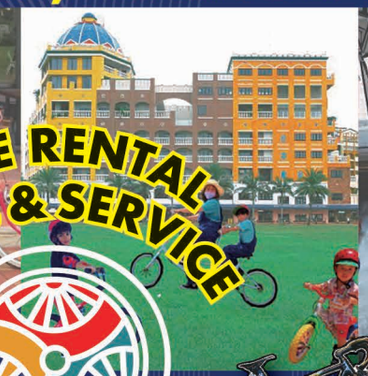
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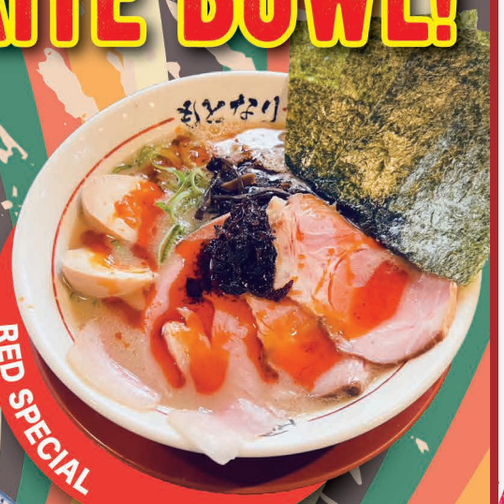
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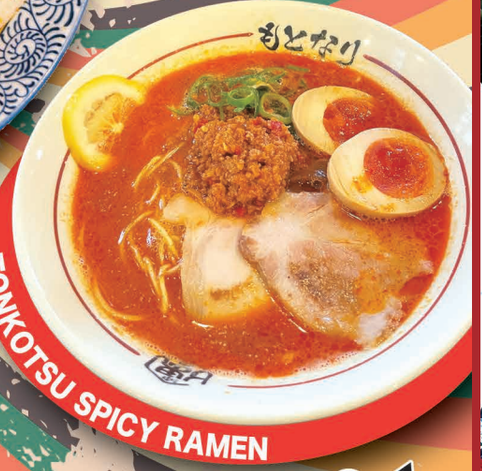


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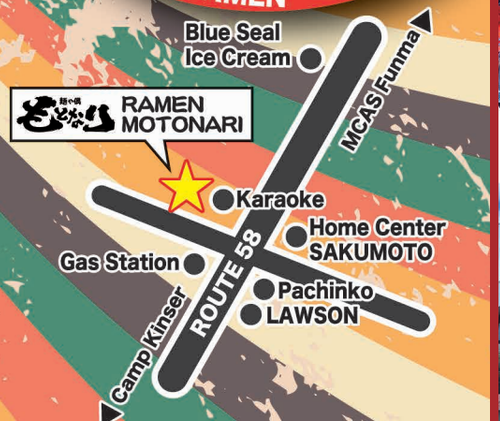
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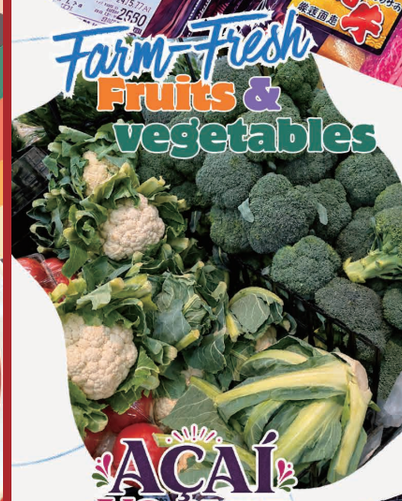
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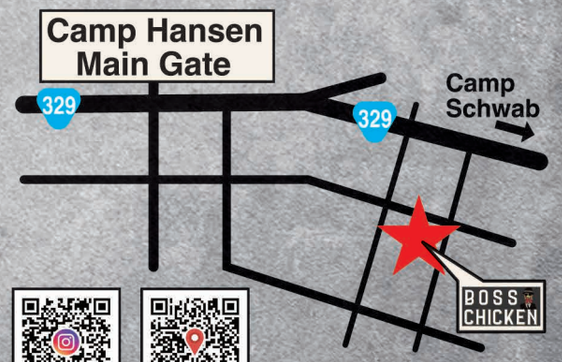
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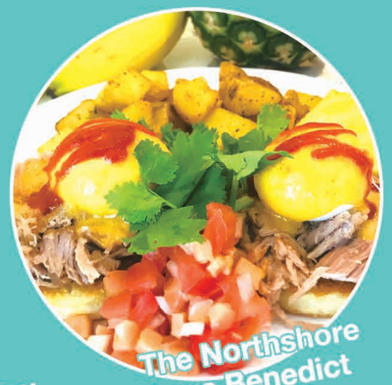








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NEWSPRINT

VMFA-232 F/A-18s take to the skies for final exercise



(U.S. Marine Corps photo by Lance Cpl. David Getz)

A U.S. Marine Corps KC-130J Super Hercules aircraft with Marine Aerial Refueler Transport Squadron (VMGR) 152, refuels an F/A-18D Hornet aircraft with Marine Fighter Attack Squadron (VMFA) 232, both assigned to Marine Aircraft Group 12, 1st Marine Aircraft Wing, off the coast of Japan, Aug, 19. U.S. Marines with Marine Aerial Refueler Transport Squadron 152 conduct aerial refueling operations in support of Marine Fighter Attack Squadron 232, demonstrating the Marine Corps' ability to sustain and generate combat airpower.

U.S. Forces, Japan supports 2026 Kumamoto Earthquake response



(U.S. Air Force photo by Yasuo Osakabe)

U.S. Airmen with the 374th Logistics Readiness Squadron load humanitarian assistance and disaster relief bundles onto a Marine KC-130J Super Hercules assigned to Marine Aerial Refueler Transport Squadron 152 (VMGR-152) at Yokota Air Base, Aug. 9 in support of relief operations following the 2026 Kumamoto earthquake. The 374th LRS prepares and loads the bundles for transport to Kumamoto Prefecture to support ongoing disaster relief operations.

Yokota celebrates Tanabata Festival with local community



(U.S. Air Force photo by Senior Airman Cayla Hunt)

Members of Team Yokota lift the 374th Airlift Wing's official mikoshi while chanting during the 76th Annual Fussa Tanabata Festival in Fussa, Aug. 7. More than 60 Team Yokota volunteers carried the mikoshi during this year's festival. Yokota Airmen have participated in the festival since 1958 and have helped carry the mikoshi since 1975.

JED Commander Colonel Biggs in Traditional Bon Odori Dance During Summer Festival



(U.S. Army photo by Sheandra Sterling)

Col. Patrick Biggs, commander, U.S. Army Corps of Engineers – Japan District, participates in the Bon Odori dance during the annual Bon Odori Festival at Camp Zama, Aug. 1. By joining these Japanese community members and installation partners in the traditional dance, district leadership demonstrated USACE's commitment to strengthening relationships that support its engineering mission and the enduring U.S.-Japan Alliance.

Atlanta Falcon members visit MCAS Iwakuni during a Salute the Troops tour hosted by the USO



(U.S. Marine Corps photo by Lance Cpl. Maikeyla Reyes)

Current and former players, with the Atlanta Falcons pose for a group photo during the USO and National Football League's Salute to Service Tour hosted by the USO at Marine Corps Air Station Iwakuni, June 23. The Salute to Service tour invited current and former players from the NFL's Atlanta Falcons to tour the installation, meet with service members and their families, and participate in unit demonstrations. The USO and NFL work together to deliver programs and events that support active-duty service members and military families across the globe.

Verses from *G-D Final Revelation

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

Al Ankabut (The Spider)

And do not dispute with the People of the former Revelations (*Torah* and *Gospel*), except with better means (than mere disputation), unless it be with those of them who inflict wrong (with violence);

But say (to them), "we believe in the Revelation which has come down to us, and in that which came down to you; our G-D and your G-D is *ONE* (and the same); and it is to HIM we bow (in submission).

And thus (it is) that WE have sent down (this) Revelation (Qur'an) to you. So the People of the Former Revelation (Torah and Gospel) believe therein, as also do some of these (pagan Arabs): and none but the Ungodly reject OUR Messages.

And you were not (able) to read a Book before this (Revelation came), nor are you (able) to write it with your right hand: in that case, indeed, would the talkers of vanities have doubted.

No, here are Messages self-evident in the hearts of those endowed with knowledge and none but the unrighteous reject OUR Messages.

Yet they say: "Why are not Messages sent down to him from his Lord-Creator?" Say (to them) "The Messages are indeed with G-D: and I am indeed a Clear warner.

*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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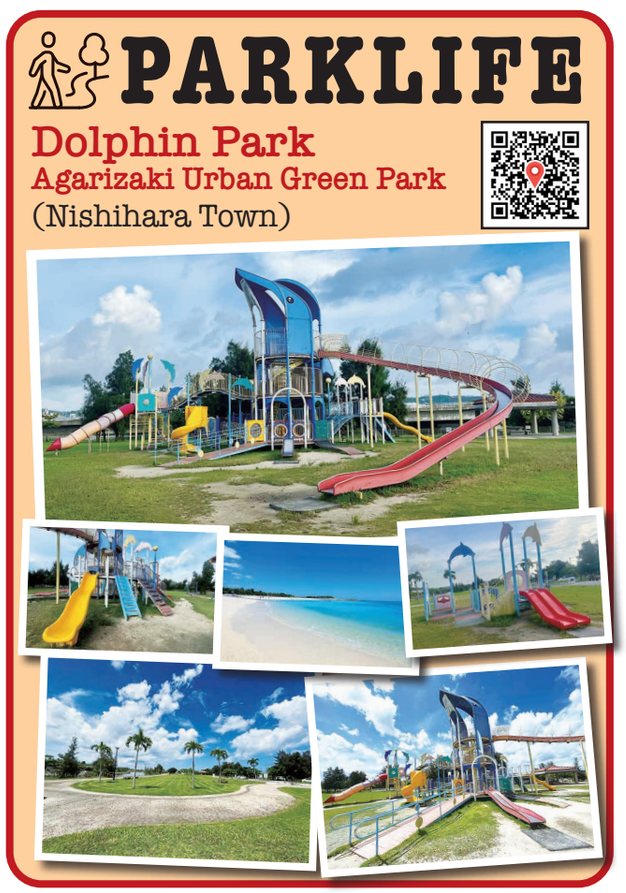
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Thermal Wellness

The Unique Healing Powers of Saunas and Steam Rooms

Dr. Ceabert J. Griffith

Saunas and steam rooms both boost circulation, ease muscle tension, and reduce stress, but they deliver heat differently. Saunas use dry, high-temperature heat between 150°F and 195°F. Steam rooms use 100% humidity at a lower, gentler heat around 110°F to 120°F. Each form of thermal wellness offers distinct advantages.



What are the Differences?

The primary difference between saunas and steam rooms lies in their environment and how they deliver heat to the body. A sauna uses dry heat, often reaching 160°F to 200°F, with humidity levels kept low around 10% to 20%. In contrast, a steam room operates at a cooler range of 110°F to 120°F, but features a sealed environment with nearly 100% humidity. This heavy moisture creates an intense sensation of damp warmth without the crispness of a dry sauna.

Circulation Improvements

Both environments prompt a physiological response similar to moderate aerobic exercise. When exposed to high heat, your blood vessels dilate (expand) to push blood flow outward toward the skin to help cool your core. This vasodilation decreases blood pressure in the short term while elevating your heart rate.

Muscle and Joint Stiffness Relief

Individuals dealing with chronic stiffness frequently use heat therapy to recover from heavy workouts. The elevated ambient temperature encourages an influx of oxygen-rich blood into fatigued muscles. This accelerated circulation reduces muscle soreness and loosens stiff joints. While dry sauna heat penetrates deeply to relax muscle fibers, the humid environment of a steam room provides exceptional comfort for soothing inflamed joints.

Upper and Lower Respiratory Health

When it comes to clearing upper and lower airways, steam rooms hold a clear edge due to their dense, moist air. Inhaling warm water vapor warms the mucous membranes in your sinuses and lungs, helping to loosen phlegm and relieve chest and sinus congestion. While saunas provide mild upper respiratory humidification, they cannot compete with the direct, deep mucus-clearing capacity of a dedicated steam room environment.

Skin Health and Detoxification

Sweating is a primary mechanism for flushing metabolic waste and impurities. Both rooms induce heavy perspiration, which cleanses pores. However, steam rooms offer unique surface hydration benefits; the saturated air deeply moisturizes the outer layer of skin, giving it a vibrant, dewy look immediately after a session. Meanwhile, dry sauna heat stimulates blood flow, which can enhance skin elasticity.

Mental Wellness

Stepping into a quiet, heated enclosure triggers a deep relaxation response. The heat prompts the brain to release endorphins—natural mood boosters that alleviate mental strain and anxiety. Furthermore, extensive tracking studies indicate that frequent dry sauna users experience lower overall stress markers and significantly improved restorative sleep compared to non-users.

Sauna and Steam Safety

To maximize safety, limit your time in either room to 10 to 20 minutes per session. Always replace lost fluids by drinking plenty of water afterward. Individuals with specific cardiovascular diseases, pregnant women, or anyone taking medications that interfere with body temperature regulation should consult a qualified healthcare provider before use.

Conclusion

Choosing between a sauna and a steam room is a personal based on health goals and comfort preferences. Saunas offer an intense, dry heat with a superior cardiovascular signature, while steam rooms provide a gentle, high-moisture environment that soothes the upper and lower respiratory systems. For the ultimate thermal wellness therapy, consider alternating between both to reap the full spectrum of healing benefits.

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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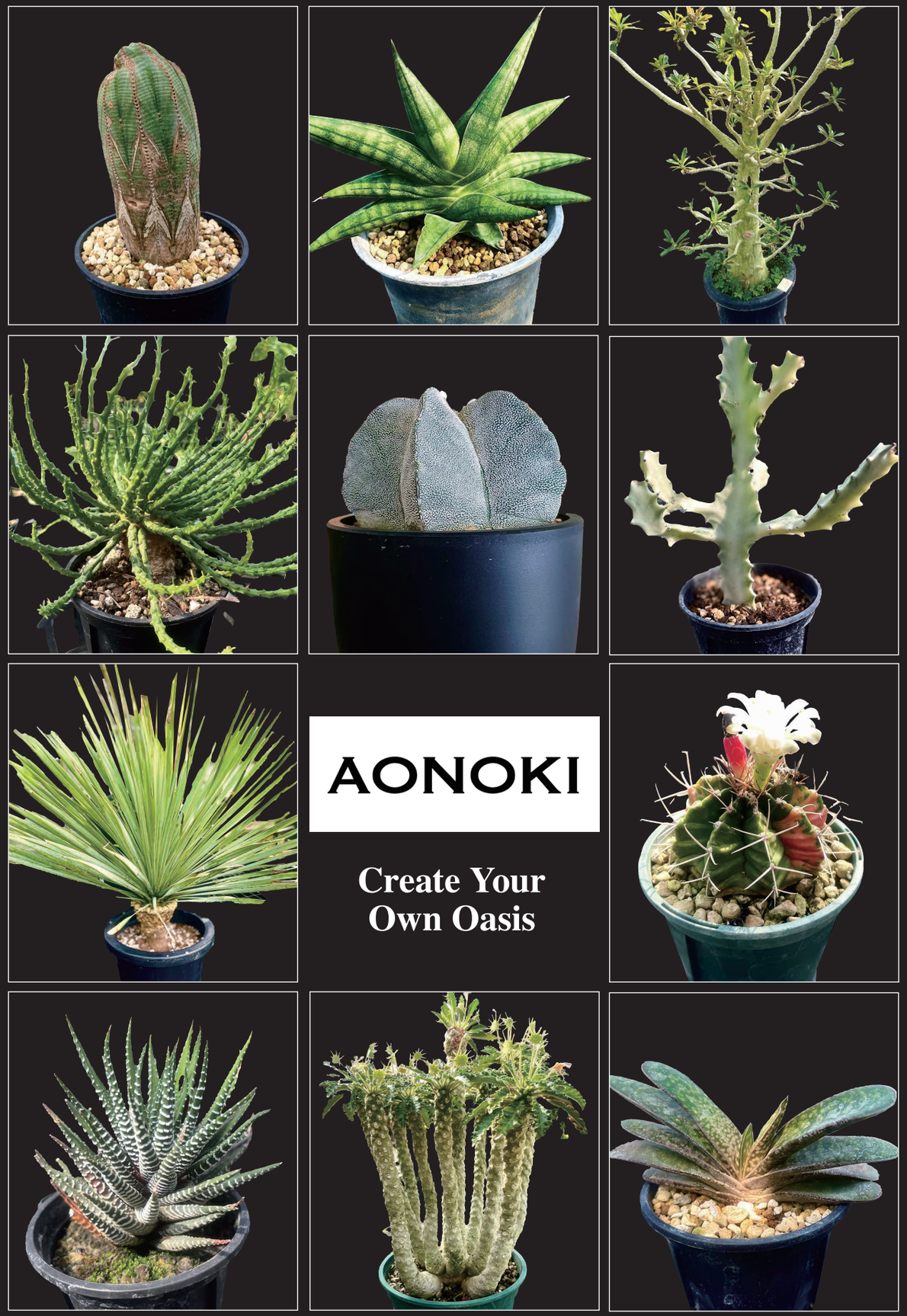
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