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OCTOBER ★ NOVEMBER Bulletin

THE REVIEW OF A PLACE
TONKOTSU RAMEN MARUYASU

www.voice-paper.com

Issue 34 >>October 7, 2026

LUNCH & SWEETS BUFFET
The Sleeping Princess in the Ice Tower
Memories of Golden Hair
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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

U.S. Marines with 12th LAAB offload MADIS



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

U.S. Marines with 12th Littoral Anti-Air Battalion, 12th Marine littoral Regiment, 3rd Marine Division, offload the Marine Air Defense Integrated System at Kadena Air Base, Aug. 28. The MADIS is the U.S. Marine Corps' advanced mobile air defense system designed to detect, track, and neutralize drones and low-altitude aircraft using missiles, cannons, and electronic warfare. As the Marine Corps' purpose-built Division for the littorals, 3rd Marine Division remains committed to enhancing its ability to operate in a contested littoral environment and enable the Joint Force. The Division continues to maintain a high degree of operational readiness and flexibility to ensure regional deterrence, contributing to our overall mission of maintaining peace and stability in the Pacific.

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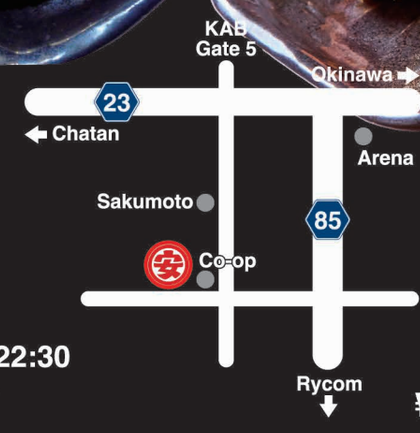


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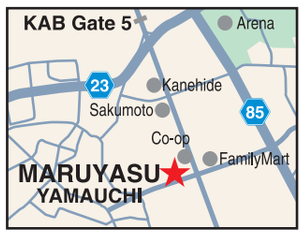
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NEWSPRINT

KLI students intern with Team Kadena

Kadena Language Institute students participated in a four-week internship program at Kadena Air Base, Aug. 28. During the internship, students had the opportunity to practice their English in professional environments working in customer service areas around base. This year marks the 28th year of cultural collaboration through the internship program between a local language institute and the military and civilian personnel at Kadena.



Ryuku Komine (Courtesy photo by Moe Nakasone)



Aika Ahagon (Courtesy photo by Moe Nakasone)



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



Yuta Hayashi (Courtesy photo by Moe Nakasone)



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



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



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

U.S. Air Force Col. Bryon Buzan, left, 18th Mission Support Group commander, and Chief Master Sgt. Ruth Rapp, right, 18th MSG senior enlisted leader, present Uran Sugama, Kadena Language Institute student, with a "Best Intern Award" at a farewell dinner after a four-week internship program for KLI students concluded at Kadena Air Base, Sept. 3.

FREEDOM EDGE 26 Trilateral Exercise



(U.S. Air Force photo by Staff Sgt. Dustin Braaten)

A Republic of Korea Air Force F-15K Eagle approaches a KC-135 Stratotanker assigned to the 909th Air Refueling Squadron, Kadena Air Base, for aerial refueling in international airspace in the western pacific, during Freedom Edge 26, Sep. 11.

18th Wing hosts 9/11 Remembrance Ceremony



(U.S. Air Force photo by Senior Airman Violette Hosack)

U.S. Air Force Airmen assigned to the 18th Civil Engineer Squadron present the colors before a 9/11 remembrance ceremony at Kadena Air Base, Sept. 9. The honor guard was composed of firefighters to honor the first responders who made the ultimate sacrifice that day.

U.S. service members step up for the Royal Danish Air Force Flyver March



(U.S. Air Force photo by Airman 1st Class Nathaniel Jackson)

U.S. service members prepare to begin the Royal Danish Air Force Flyver March at Kadena Air Base, Aug. 29. The Flyver March traces its roots to the Royal Danish Air Force and has become a military endurance event centered on completing a ruck march with a weighted pack.

OCTOBER NOVEMBER bulletin AT!

NAHA



Shurijo Castle Restoration Festival

Nov 1 – 3

OKINAWA



Okinawa City Eastern Area Festival

Oct 18

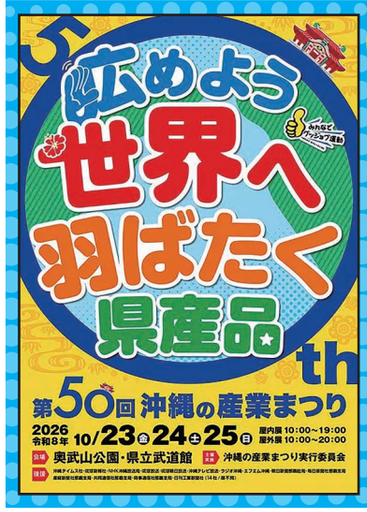
YOMITAN



Yomitan Festival

Oct 24 & 25

NAHA



Okinawa Industry Festival

Oct 23 – 25

URASOE



Tedako Festival

Oct 17 & 18

OKINAWA



Japan-U.S. Joint Concert

Oct 17

NAHA



10,000 Eisa Dancers Parade

Oct 18

TOMIGUSUKU



Tomigusuku Festival

Oct 17 & 18

YOMITAN



Yomitan Pottery Festival

Oct 31 & Nov 1

NAHA



Karate Performance at Kokusai Street

Nov 8

NAHA



Naha Giant Tug-of-war Festival

Oct 10 – 12

MOTOBU



Mobobu Town Food & Culture Festival

Oct 10 & 11

TOMIGUSUKU



Makahiki Festival

Oct 24 & 25

NAHA



Ounoyama Halloween Park

Oct 31

NAKAGUSUKU



Nakagusuku Gosamaru Festival

Nov 7 & 8

GINOWAN



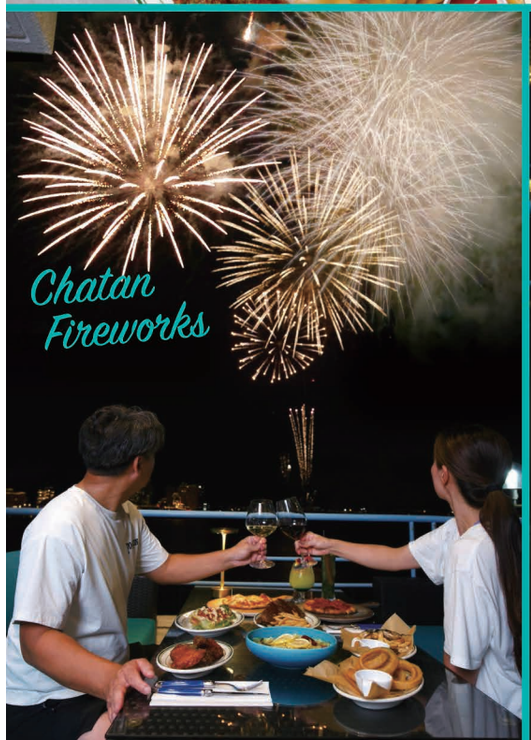
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THE ISLAND NEWS BRIEF

MAG-36 participates in hoist operations during Rescue Flag 26



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

A U.S. Air Force HH-60W Jolly Green II assigned to 33rd Rescue Squadron, 18th Wing hoists a simulated casualty during Rescue Flag 26 off the coast of Okinawa, Sept. 3. Rescue Flag 26 was held to simulate real world tactical recovery of aircraft and personnel hoisting operations with the 18th Wing and MAG-36.

USAG Okinawa Warrior Challenge honors 9/11 anniversary

U.S. Army Garrison Okinawa hosted a Warrior Challenge at Torii Station, Sept. 11. Twelve teams comprising of U.S. Army and U.S. Air Force members, competed in events testing physical fitness, teamwork and warrior skills. The event reflected the readiness, resilience and commitment to service embodied by the military community in remembrance of the 25th anniversary of 9/11.



(U.S. Army photo by Natalie Stanley)

MCIPAC Marines Join Chatan Residents for Annual Summer Cultural Exchange



(U.S. Marine Corps photo by Lance Cpl. Miclo Rud)

U.S. Marine Corps Lance Cpl. Brisa DiazFigueroa, a distribution management specialist assigned to Headquarters and Support Battalion, Marine Corps Installations Pacific smiles while holding a bag during an English learning game with local children at the Jagaru Ward Community Center in Chatan, Aug. 21. Community members hosted the Marines during an annual summer cultural exchange to share traditional customs, teach English vocabulary, and strengthen the U.S.-Japan alliance.

Connecting Communities Beyond the Court

A basketball player from the Okinawa Basketball Association dribbles the ball up the court as a Kadena Air Base Intramural League player defends at Chatan High School, Aug. 16. The matchup showcased how a shared love of basketball can bring the U.S. and Okinawan communities together.



(U.S. Air Force photo by Senior Airman Jamal Berry II)

TOFU students tour Kadena Air Base



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

Thinking of Okinawa's Future in the U.S. (TOFU) students pose for a photo with members of 18th Wing Public Affairs at Kadena Air Base, Aug. 18. The tour offered Okinawan students a firsthand look at Kadena Air Base's daily operations and gave them valuable context on the U.S.-Japan alliance prior to their visit to the United States.

Newly selected Chief Petty Officers clean up Hacksaw Ridge



(U.S. Navy photo by Mass Communication Specialist 2nd Class Zack Guth)

The Okinawa Chiefs Mess pull weeds during a grass cutting and park cleanup at Hacksaw Ridge, Urasoe City, Sept. 12. The cleanup served to connect the chief petty officers with the local community and learn more about the historical significance of the Maeda Escarpment, known as Hacksaw Ridge.

Army volunteers build community ties at local sports day

U.S. Army volunteers and Japanese athletes from the local community participate in tug-of-war during the Sobe Sports Day at the Sobe Community Center field, July 25-26. The two-day event included a full schedule of track and field activities intended to promote physical fitness, friendly competition and cross-cultural engagement with the local community.



(U.S. Army courtesy photo)

KAB and Chatan Town test tsunami evacuation procedures



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

Chatan Town residents walk to higher ground during a tsunami evacuation exercise at Kadena Air Base, Sept. 19. Members of the 18th Security Forces Squadron worked with the Chatan Town members to help guide the residents along the designated evacuation route.





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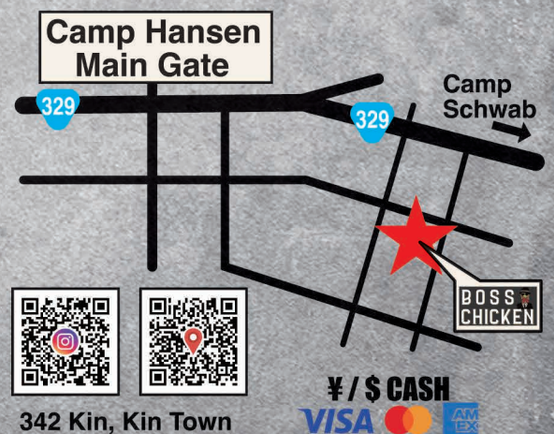
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For More Information
Okinawa Prefecture Website

Gusuku Sites and Related Properties of the Kingdom of Ryukyu



①Nakagusuku-jô site



②Zakimi-jô site



③Shuri-jô site



④Katsuren-jô site

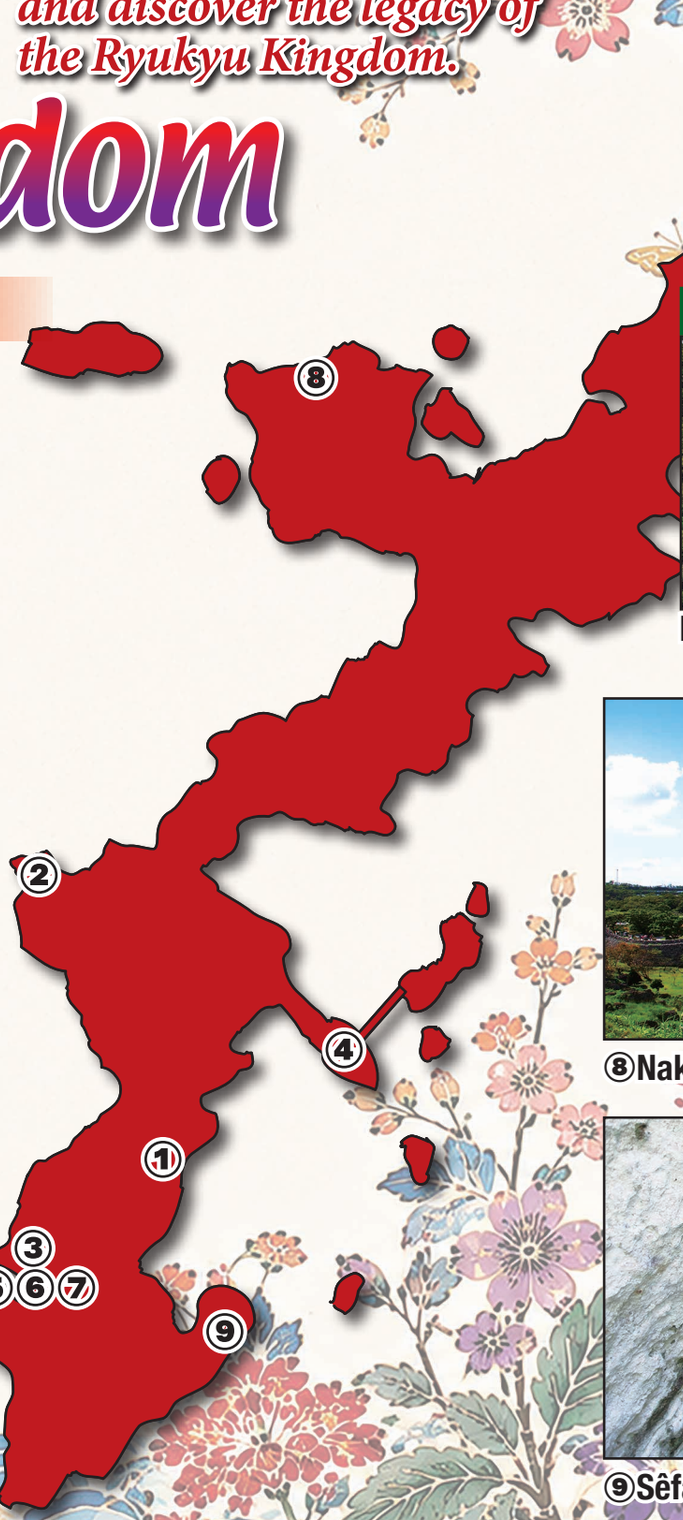




⑤Sonohyan-utaki Ishimon ⑥Tamaudun



⑦Shikinaen



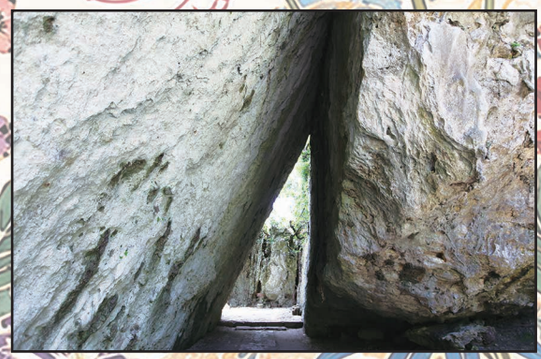
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⑧Nakijin-jô site



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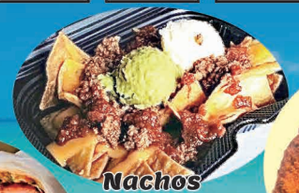
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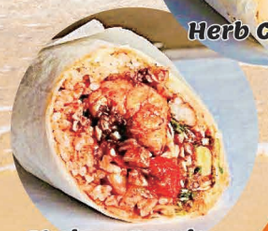

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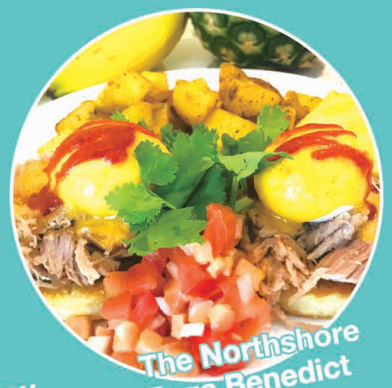

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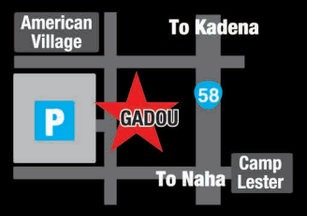
我道 RA-MEN GAD・U

RA-MEN

GADOU

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SHAVED ICE



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GOOGLE MAP



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OKINAWA GATE 2 STREET KOZA



USO CENTERS

With more than 260 locations worldwide, USO Centers provide an exclusive place for the people of the military to relax in a refreshing environment, grab a snack and drink, watch a movie, and play video games. The centers offer reliable Wi-Fi, computers, and phones so service members can connect with loved ones and hear a familiar and comforting voice. USO Centers also host a wide range of activities, special events, and additional programs specifically for spouses and children.
USO Centers are designed to be a home away from home for the active-duty military community, showing them we are always a strength they can count on, no matter where they are stationed.

USO Core Programs strengthen and support service members, their spouses and children at every step of their military journey.

For the most up-to-date stories on the USO's impact on the people who serve, please visit USO.org/stories.

BENEFITS

- **Respite:** Provides moments of joy and relaxation in a welcoming space, supporting physical and emotional well-being.
- **Connection:** Centers help service members stay in touch with their loved ones while traveling and while deployed overseas.
- **Community:** Offers a space around the world for military families to gather, take a break, and lean on each other for support.

2025 BY THE NUMBERS

970,000+
Number of service members and their families who visited USO Centers worldwide

7.6 MILLION
Number of times all USO Centers were visited around the world

1.9 MILLION
Number of times USO Airport Centers were visited

700,000
Number of times service members participated in USO Centers on Naval ships

"NO ONE DOES IT AS WELL AS USO DOES...AT MOST TOUCHPOINTS IN MY CAREER, EVERY DUTY STATION, EVERY ASSIGNMENT AND ROLE I'VE BEEN IN, THE USO HAS BEEN THERE."
—U.S. Service Member



USO CENTERS

世界250か所以上にあるUSOセンターは、軍関係者の皆さまがリラックスできる快適な環境で、軽食や飲み物を楽しんだり、映画を観たり、ビデオゲームをしたりできる特別な場所を提供しています。センターでは、信頼性の高いWi-Fi、コンピューター、電話を利用することができ、軍人の方々が大切な家族や友人と連絡を取り、安心できる懐かしい声を聞くことができます。また、USOセンターでは、配偶者や子ども向けのさまざまなアクティビティ、特別イベント、プログラムも実施しています。
USOセンターは、現役軍人コミュニティにとって「第二の我が家」となるよう設計されており、世界のどこに配属されていても、USOが常に頼れる存在であることを伝えています。

USOのコアプログラムは、軍人、その配偶者、そして子どもたちの軍務におけるあらゆる段階を通じて、支え、力づけることを目的としています。

USOが軍人やそのご家族にどのような支援と影響をもたらしているか、最新のストーリーについては、**USO.org/stories** をご覧ください。.

USOの提供する主な支援

- **Respite (休息):** 温かく迎えられる空間の中で、喜びやリラックスできる時間を提供し、身体的および精神的な健康を支えます。
- **Connection (つながり):** 移動中や海外派遣中でも、軍人が家族や大切な人と連絡を取り続けられるよう支援します。
- **Community (コミュニティ):** 世界中の軍人家族が集まり、休息を取り、互いに支え合うことができる場所を提供します。

2025年 USO 利用者数

970,000+
世界中のUSOセンターを訪れた軍人およびそのご家族の人数

7.6 MILLION
世界中のすべてのUSOセンターの総訪問回数

1.9 MILLION
Number of times USO Airport Centers were visited - USO空港センターの利用回数

700,000
海軍艦船上のUSOセンターにおける、軍人の参加回数

「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

Verses from *G-D's Final Revelations

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

Al Nuur (The Light)

Do you not see, that it is The One True G-D, Whose praises all (created) beings, in the Heavens and Earth do celebrate; and the birds (flying in the air) with wings outspread?

Each one knows its own (manner of) prayer and praise. And G-D knows well all that they do.

Yes, to G-D belongs the dominion of the Heavens and Earth; and to The One G-D is the final destination (of everyone).

Do you not see, that G-D makes the clouds move gently, then join them together, then make them into a mass? —Then will you see rain come forth from their midst. And HE sends down from the sky, mountain masses (of clouds); wherein is hail.

HE strikes there with whom HE pleases, and HE turns it away from whom HE pleases. The vivid flash of HIS Lightning almost blinds the sight.

It is The One True G-D, who alternates the Night and the Day: Verily in these things, is an instructive example for those who have Vision.

And G-D has created every animal (including Humans) from water: Of them there are some that creep on their bellies; some that walk on two legs; and some that walk on four.

G-D creates what HE wills; for verily G-D has power over everything. **WE have indeed sent down Signs that make things clear. And G-D guides whom HE wills to a way that is straight.

[End of Part I]

The Lord-Creator's Final Revelation

*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

Listen to Imam *Yahya Abdullah*

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

PARKLIFE

Aozora Park
Onoyama Park
(Naha City)







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

Local Hospital & Medical Clinic DIRECTORY

General

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 / 0570-098033	
Nakagami Hospital	610 Noborikawa, Okinawa / 098-939-1300	

Internal Medicine

Life Care Clinic Nagahama	1530-1 Nagahama, Yomitan / 098-982-9000
Nishihira Clinic	2-2-2 Akamichi, Ginowan / 098-896-1116
Rycom Clinic	571 Rycom, Kitanakagusuku / 098-932-7715

Eye Specialist

Gushiken Eye Clinic	1371-1 Gushikawa, Uruma / 098-975-1010
Hayakawa Eye Clinic	2-2-2 Nodake, Ginowan / 098-893-8155

Pediatrics

Matsushima Clinic	894-2 Senaha, Yomitan / 098-958-6888

Gynecology & Obstetrics

OBGYN Yui Clinic	2444-3 Noborikawa, Okinawa / 098-989-3801

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
Okinawa White Dental Clinic	813-2, Kamisedo, Chatan / 098-989-3780
Peace Dental Clinic	468-3 Kuwae, Chatan / 098-926-4180

Physical Therapy

ABC Physio	4-9-9 Yamauchi, Okinawa City / 090-2203-9524
Okinawa Sports And Spinal	1-477 Miyagi, Chatan / 050-4560-4830

Acupuncture Clinic

Ken Acupuncture Wellness Clinic	468 Mizugama, Kadena / 080-3989-1614

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8 Lifestyle Steps to Taking Control of Your Cholesterol

Dr. Ceabert J. Griffith



Managing your cholesterol is one of the most effective ways to protect your long-term health. The Centers for Disease Control and Prevention estimates that nearly 37% of Americans have abnormal cholesterol levels. This usually means too much low-density lipoprotein (LDL or "bad") cholesterol and too little high-density lipoprotein (HDL or "good") cholesterol. Over time, unmanaged abnormal cholesterol increases your risk for serious conditions like heart disease, stroke, and dementia. Fortunately, making specific changes can turn those numbers around. The following eight actionable lifestyle steps can optimize your cholesterol profile.

Slash Saturated Fats

Saturated fats raise your LDL cholesterol more than almost anything else in your diet. To protect your arteries, limit fatty meats, sausages, bacon, butter, and full-fat dairy products. Switch to lean cuts of poultry, and use plant-based liquid oils like olive or canola oil instead of solid fats.

Load Up on Soluble Fiber

Soluble fiber acts like a sponge in your digestive tract, binding to cholesterol and helping to drag it out of your body before it enters your bloodstream. Aim for a total fiber intake of 25 to 35 grams per day. Excellent sources of soluble fiber include oatmeal, kidney beans, lentils, Brussels sprouts, apples, and pears.

Boost Omega-3 Fatty Acids

While omega-3 fatty acids do not directly lower LDL cholesterol, they drastically lower harmful triglycerides, cut blood pressure, and decrease your risk of blood clots. Eat fatty fish—such as salmon, mackerel, and herring—at least twice a week. If you prefer plant-based options, incorporate walnuts, chia seeds, and flaxseeds into your meals.

Move Daily

Regular physical activity is a double win: it helps lower your bad LDL cholesterol and raises your HDL cholesterol, which clears plaque from your arteries. Work up to at least 150 minutes of moderate aerobic exercise per week after clearance from your healthcare provider. Options include walking, cycling, and swimming. Even short, 10-minute bursts of movement throughout the day add up.

Quit Smoking and Vaping

Nicotine directly lowers your good HDL cholesterol and accelerates the buildup of dangerous plaque in your arteries. When you quit, your HDL levels can recover, reducing your risk of heart attacks and strokes. Talk to a healthcare provider about smoking cessation tools, nicotine replacement therapies, or local support groups to help you quit for good.

Moderate Alcohol Consumption

The U.S. Dietary Guidelines advise adults to consume less alcohol. Too much alcohol spikes triglycerides, raises blood pressure, and contributes to unwanted weight gain. If you choose to drink, keep it moderate: no more than two drinks per day for men and one for women. Avoid binge drinking.

Manage Chronic Stress

Long-term stress triggers hormonal changes that can prompt your liver to produce more cholesterol. Additionally, high stress makes it harder to maintain healthy habits like cooking nutritious foods, sleeping well, and exercising. Mindfulness, meditation, yoga, deep-breathing exercises, or simply walking in nature can keep stress hormones in check.

Prioritize Quality Sleep

Consistently skimping on rest can disrupt your metabolism and negatively impact your lipid panel. Research links poor sleep cycles with higher total and LDL cholesterol numbers. Aim for 7 to 9 hours of restful sleep each night. Build a reliable sleep schedule by waking up and going to bed at the same time every day, keeping your bedroom dark, and turning off screens an hour before sleep.

Conclusion

While lifestyle changes are highly effective, some people still need medication to manage their cholesterol. Your healthcare provider is the best resource to help you evaluate your options and design a personalized treatment plan.

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**

Beauty – NUDY Q – Total
Makeup Tattoo Bianca Okinawa

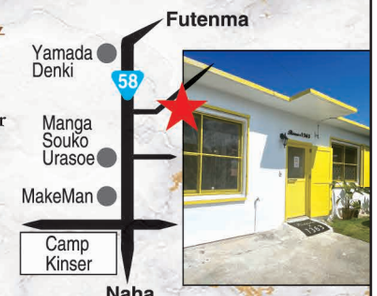


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etc.



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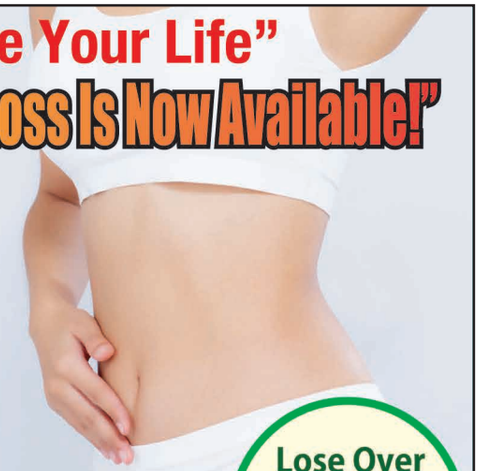
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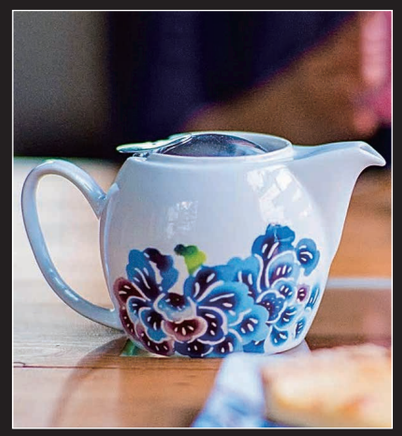




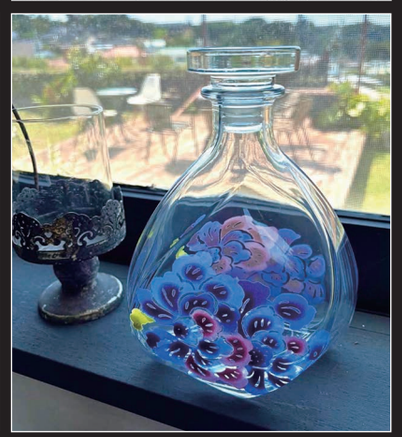

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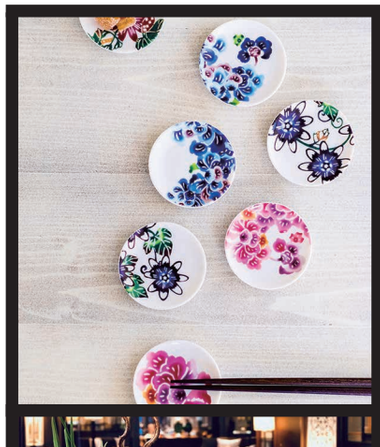


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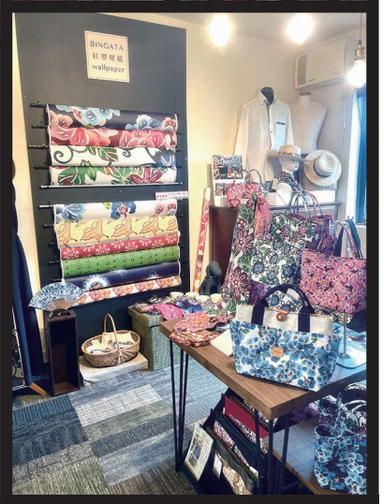
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Love, Live, Bloom Your Life

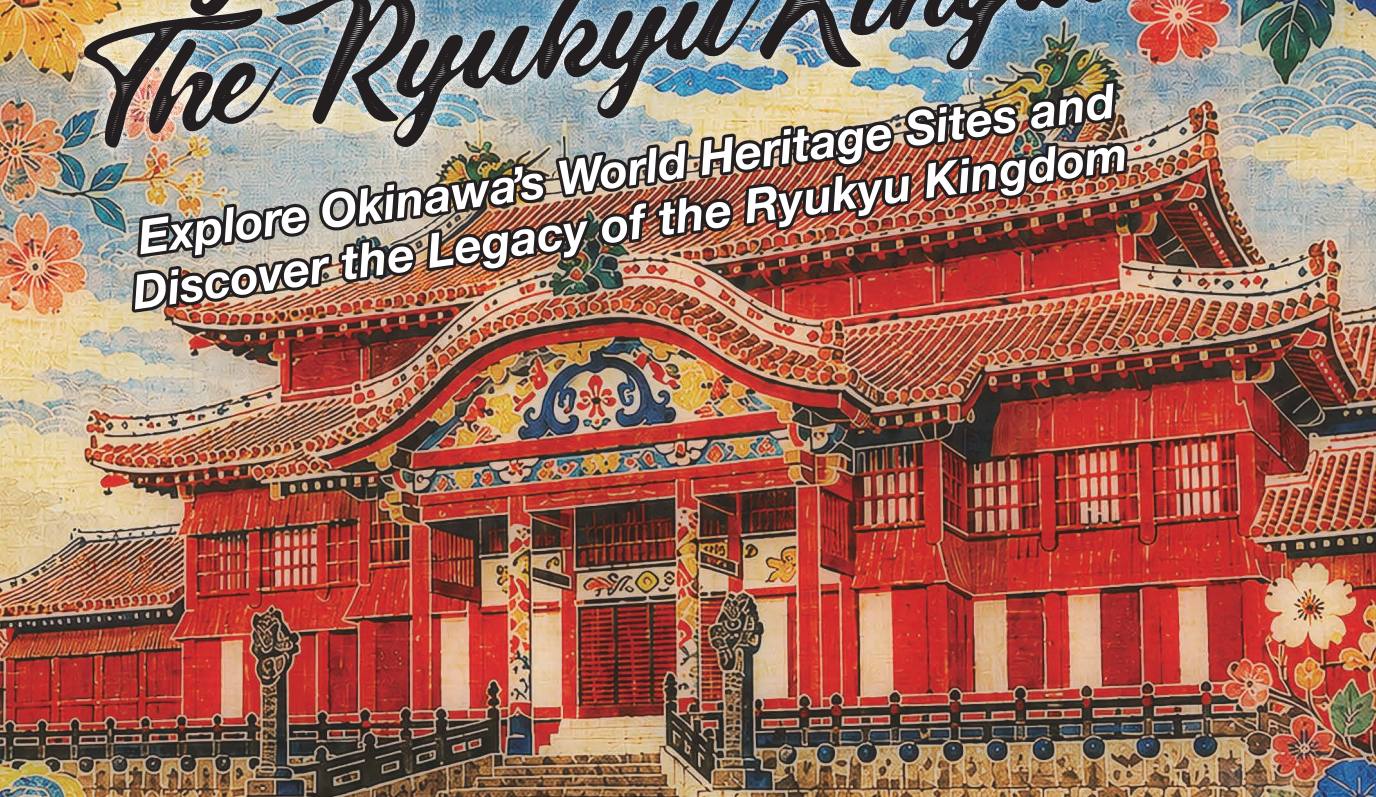
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