

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

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Commissary sensitive to beef concerns

BONNIE POWELL
Defense Commissary Agency

FORT LEE, Va. — Officials at the Defense Commissary Agency are closely monitoring the ever-changing situation involving a case of bovine spongiform encephalopathy (BSE), also known as “mad cow” disease, identified Dec. 23 in a single cow in Washington.

Since Dec. 23, the U.S. Department of Agriculture has conducted a limited recall of 10,000 pounds of beef that may originate from the infected cow and from cows slaughtered at the same time and location.

“No beef in any of our 275 commissaries worldwide has been involved in a USDA recall,” said Col. Mark Wolken, chief of public health, safety and security for DeCA. “The USDA has stated that the U.S. beef supply is safe and that the beef recall resulted from an abundance of caution, not fear that the meat is infected. Should the USDA make a determination that there is a danger, DeCA would be first to react to protect the health of our customers,” he said.

Since the first U.S. case of BSE

see **BEEF** Page 4

New liberty policy now in affect

CPL. DAVE BONI
Combat Correspondent

Due to conduct detrimental to the relationship between Marine Corps Air Station Iwakuni and its host country as well as a negative reflection on the United States, a new liberty policy is now in affect.

According to Marine Corps Air Station Order 1050.5, all military members living on or off Station will have their liberty secured at 10 p.m. and will not be able to resume their liberty until 5 a.m. The policy will be enforced seven days a week.

“This is a sad, sad day when we can’t go off base when we want to,” said Sgt. Maj. David Allison, Station sergeant major. “For the past three to four months there have been several serious incidents and we just can’t condone this behavior. Would you like it if the Japanese military was in America and acting this way? I really don’t think so.”

The order also says that military members who do reside off-base will be the only military personnel to leave the Station during the prescribed hours, but will be secured to their designated quarters. Service members are also authorized to enter and exit the Station between the stated hours while performing official duties. Commands will be required to give advance notice to the Provost Marshal’s Office if such a situation arises.

The new policy further states while off-base liberty is limited to 10 p.m., those participating in Marine Corps Commu-



Lance Cpl. Giovanni Lobello

When Station residents leave the base a message awaits them. “Remember, your conduct counts, you are our ambassadors,” Station officials believe this simple reminder has been forgotten lately.

nity Services sponsored trips or activities will be exempt from the rule. Service members who are officially signed out on leave, but are remaining within the limits of Iwakuni, will be subject to the guidelines of the order.

Those in violation of this order will face penalties under the Uniform Code of Military Justice or other administrative action, but Allison said the next step if the problem does not desist will be to secure all liberty.




“We are killing ourselves and the relationship we have with our host country. Japan does not deserve to be treated this way and the United States should not be represented in this form either,” Allison said.

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Combat Service Support Detachment 36 Marines and Sailors get a taste of life aboard a ship. **Page 4**

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Federal holiday commemorates the life of civil rights leader Dr. Martin Luther King Jr. **Page 6**

IWAKUNI WEATHER

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www.iwakuni.usmc.mil

Sergeant major motivates Iwakuni troops

STAFF SGT. BRENDA L. VARNADORE
LANCE CPL. GIOVANNI LOBELLO
Combat Correspondents

The sergeant major of the Marine Corps visited the Station Jan. 8 and 9 sharing with Station service members the pride felt by the leadership at Headquarters Marine Corps for the great job they are doing at setting an example for all services.

During his short stay here, Sgt. Maj. John L. Estrada traveled around to different units speaking directly to the Marines. Along with seven top sergeants major, he also conducted a professional military education session with staff noncommissioned officers on subjects ranging from Operation Iraqi Freedom I and II to Marine Corps Community Services.

Estrada shared what he expects from his Marines as leaders.

“A good leader is enthusiastic, displays initiative, shows good judgment and sets the example,” said Estrada. “A good



Staff Sgt. Nicholas P. McLaren

Sgt. Maj. John L. Estrada makes his leadership philosophy known to Iwakuni Marines.

“We will be going in to give the Army a break,” said Kinney. “But, this time we have a different mission. We will go in and befriend the community because that is who we are as Marines. We are professionals, and that is how we will carry ourselves. The Iraqis respect the Marines, we treated them with dignity.”

Estrada also shared the same sentiment, but said all Ma-

leader strengthens their Marines and must be approachable.”

Estrada said he is sometimes asked to compare Marines in today’s Corps to those of past generations. “They are very intelligent. They grasp things quickly. They are just as tough, just as good -- maybe even better.”

Sgt. Maj. William Kinney, 1st Marine Expeditionary Force, briefed the service members on the Marine Corps role, mission and experiences during OIF. Kinney also explained the role of Marines in OIF II.

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Torii Teller

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The *Torii Teller* welcomes Letter to the Editor submissions. Letters are the opinion of the writer only. Submissions can be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to mclaren np@iwakuni.usmc.mil or dillardcs@iwakuni.usmc.mil.

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Dr. King's life, legacy celebrated

LT. SHAUN S. BROWN
Chaplain

"We interrupt this program to bring you a special news bulletin." It was one of those, "What were you doing when ...?" moments. I very well remember what I was doing as an eleven-year-old kid: lounging around, watching TV in a pleasant, middle-class, suburban home.

I also recall that my mom, in the kitchen at the time, came into the TV room right quick when the broadcaster's words reached her ears. And now, after almost 36 years, that April 4 evening still is one of the most surreal times of my life.

"The Rev. Dr. Martin Luther King Jr. is dead." Even though 11 years old was still kind of young back then, I knew enough to know that murder was an evil thing.

After President Kennedy's murder several years earlier, I knew the assassination of a good man was just plain evil magnified.

I'd say, at that time, Dr. King was best known for the March on Washington, with his words, "I have a dream" and "Free at last! Free at last! Thank God Almighty we are free at last!"

Thundering over the airwaves, they were compelling utterances of a charismatic man; words only a true prophet could sincerely speak. On April 4, 1968, it was still far too early for his other powerful words — proclaimed just one day prior, the

"I've been to the mountaintop" speech — to have seeped into our collective American consciousness.

As a prophet of his time, Dr. King could easily and ably quote, in "I've been to the mountaintop", the biblical prophet, Amos: "Let justice roll down like waters and righteousness like a mighty stream." Words by which Dr. King strove to abide, words he struggled to realize.

As a prophet of his time, as with any prophet, Dr. King knew he was right where God wanted him to be. Again from his last speech, King declares, "Now, I'm just happy that God has allowed me to live in this period, to see what is unfolding. And I'm happy that He's allowed me to be in Memphis."

As a prophet of his time, as with every prophet, Dr. King knew all wasn't right with the world and that he had to have the moral courage to call things as he saw them. And it was his moral courage that impelled his commitment to do the right thing. His moral courage consoled and sustained him.

Dr. King, in his heart of hearts, knew, "That only when it is dark enough, can you see the stars."

As a prophet, the final words of Dr. King's final speech ring hauntingly prognostic: "Well, I don't know what will happen now. We've got some difficult days ahead. But it doesn't matter with me now. Because I've been to the mountaintop. And I don't mind. Like anybody, I would like to live a

long life. Longevity has its place. But I'm not concerned about that now. I just want to do God's will. And He's allowed me to go up to the mountain. And I've looked over. And I've seen the promised land. I may not get there with you. But I want you to know tonight, that we, as a people, will get to the Promised Land. And I'm happy, tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord."

On Monday, Americans the world over will pause to commemorate the birthday of the Rev. Dr. Martin Luther King, Jr. And that day, Coretta Scott King, the widow of the slain civil rights leader, tells us, "Celebrates the life and legacy of a man who brought hope and healing to America. We commemorate as well the timeless values he taught us through his example — the values of courage, truth, justice, compassion, dignity, humility and service."

As men and women in the military, the observance of Dr. King's birthday has special meaning, for Mrs. King says, "We commemorate on this holiday the man of action, who put his life on the line for freedom and justice every day, the man who braved threats and jail and beatings and who ultimately paid the highest price to make democracy a reality for all Americans." On that day may we pause and ponder the powerful example of a man who was a prophet of his time.

Common courtesy expected of all ranks

MELODY L. BALDWIN
Letter to the editor

I would like to thank the main side officer housing for the free DJ they provided on New Year's Eve. I live on the next block over from the party site and had no need for selecting my own music for the evening.

I would also like to thank them for illustrating that the Provost Marshal's Office is unable to enforce base regulations, depending on who is involved and the location of the complaint.

Now, before I am misunderstood, please read on. I am in no way saying that parties, celebrations, festivities, etc. should not happen. They are an integral part of our lives. What I am saying is that loud and boisterous parties should not occur in a residential area. That is why we have nonresidential areas (Club Iwakuni, Penny Lake, MAC Dome). Your neighbors are not just the people who live next door or across the street. Your neighbors are your whole community. Some of us have young children whose sleep was affected by your actions. Others may have had to work the holiday.

If a group of Marines cannot call a motivational cadence during quiet hours, why should a group of Marines be allowed to scream profane lyrics of songs during quiet hours? Specifically one song by Puddle of Mudd called "She *** Hates Me". Thank you for broadening my musical knowledge and my 3-year-old's vocabulary. What

happened to showing respect for your community, your fellow Marines and the ability to follow regulations? Maybe I'm mistaken and regulations are actually just suggestions?

Remember leaders lead by example. The example that was put forth New Year's Eve illustrates that rules only apply to certain people, common courtesies are not necessary and showing respect for other people is worthless. I live directly above a community room. Over the last few months, I've had to deal with vibrating floors, pictures vibrating on the wall and closet doors vibrating open because celebrants desire overly loud music. PMO has successfully intervened in these circumstances when a request to the party goers, from my husband and myself, to lower the music was ignored. Now that a precedent has been set that loud music is appropriate in residential areas, I have to assume that these actions have to be tolerated. Living on a military installation, especially a Marine base, I expect more from my neighbors in the areas of courtesy, respect and common sense.

To me a Marine has always symbolized honor, courage, integrity and equality. He or she has the ability to preserve life for those who need assistance to enforce regulations, provide safety, to set a standard for the rest of us to live up to. I'm glad to say there are Marines out there who reinforce this symbolism for me and I thank you for it. Those are the Marines who realize taking off the uniform does not take away the responsibilities and privilege of being a Marine.

Celebrating a century of service

NAVY MARINE CORPS RELIEF SOCIETY

The Navy Relief Society traces its roots to the 1903 football battle between the U.S. Naval Academy Midshipmen and the Cadets from West Point. Although the score was one-sided (the Mids lost 40-5), the Navy and Marine Corps were also winners because President Theodore Roosevelt gave the Navy one-third of the gate receipts (\$9,000), providing initial funding for our organization. President Roosevelt must have been thinking about the Society a few months earlier when he told a California audience, "There is not a man of us who does not at times need a helping hand to be stretched out to him; and then shame upon him who will not stretch out a helping hand to his brother."

On Jan. 23, 1904, 19 Volunteers signed the Certificate of Incorporation in Washington, D.C., and the Navy Relief Society was born. Although we have

rendered financial assistance to Sailors and Marines and their families since that date, our name wasn't officially changed to the Navy-Marine Corps Relief Society until 1991.

Early assistance from this nonprofit, charity organization was focused on widows and orphans. The volume and diversity of the Society's programs and services have grown dramatically throughout the decades. What has remained a constant has been the prompt, enthusiastic, effective, and compassionate response our clients receive when they experience an unexpected financial emergency.

Through our first 100 years of service, our staff has provided more than \$1 billion in interest-free loans and grants to more than three million active duty and retired Sailors, Marines, and their

families. Continually fueled by the commitment and professionalism of more than 3,000 Volunteers, this premier military aid society helps with a broad spectrum of needs.

These include emergency transportation, first-time insurance premiums, food, shelter and utilities, college scholarships and loans, medical bills, automobile repairs, and more. Not all of the Society's business involves the disbursement

of loans and grants.

Tens of thousands of Sailors and Marines call or visit our 250 offices ashore and on board ships around the world to learn how to prepare a budget, set up home visits by one of the Society's Visiting Nurses, or apply for a layette or junior sea bag. The Society gives out more than 8,000 junior sea

bags annually for new additions to sea service families, and each one includes hand-knitted or crocheted baby blankets, sweaters, booties, and more — all produced by Society Volunteers.

Natural disasters like Hurricane Isabel and the California forest fires, and tragedies like the terrorist attack on *USS Cole* and the Pentagon, bring the value of the Navy-Marine Corps Relief Society into sharper focus. In such cases, the Society can provide special additional assistance, thanks to the overwhelming benevolence of individuals, organizations, and corporations around the world.

The volunteers and employees of the Navy-Marine Corps Relief Society look forward to our second century of service. For additional information on our programs and services, or to make a contribution to this organization, visit the different sections of our Web site, www.nmcrs.org.



Tax W2's posted on myPay

STAFF SGT. CINDY FISHER

Headquarters, U.S. Marine Corps

The New Year is here and April 15 is right around the corner. That means it's time to gather financial documentation for filing taxes.

Instead of waiting for paper copies of W2 Wage and Tax Statements to arrive via traditional methods, service members, retirees, and defense civilian employees can now join the 21st century and view these documents online through myPay. myPay is an automated system that circumvents the paper form process and allows individuals immediate access to their pay account information.

"myPay is easier and quicker than waiting for a hard copy of your W2," said Carol Garcia, a public affairs specialist for the Defense Finance and Accounting Service. "W2s are scheduled to begin coming out (in December) on myPay. Normally, service members wouldn't see a hard copy of their W2s until late January."

"The convenience of this is that it allows you to get a jump on filling out paperwork and filing your taxes," Garcia said.

myPay provides access to much more than just tax statements. Individuals can access certain pay items such as Leave and Earnings statements and make changes to their pay account. A few of the items that can be managed via myPay are federal and state taxes, savings allotments, the Thrift Savings Plan and savings bonds.

"Why wait for the mail to arrive when you are just a click away," said Chief Warrant Officer Mike Spahalski, Headquarters liaison officer, Programs & Resources, Fiscal Division, Finance Branch. "Log onto myPay at <https://mypay.dfas.mil> and take control."

Using myPay to make these types of changes is quicker and more convenient than going through your local administration office for assistance, said Garcia. "You can make changes on myPay immediately from the privacy of your home instead of going to an admin office, filling out forms and waiting for someone else to do it."

The Web site is a safe and secure system so you don't need to worry that "someone will be able to hack into the system" and access your information, Garcia said. Requiring individuals to use a browser with Secure Socket Layers protocol with 128-bit encryption software, and using a combination of a PIN number and the individual's Social Security number help to protect the security of information on the site.

To get a myPay PIN, simply click on 'Need a PIN' when viewing the Web site then follow the directions, said Spahalski. "If you live in the barracks, call your local disbursing or finance officer. Ask to speak to the myPay TASO."

You can also follow online instructions on faxing in a request for a PIN, Spahalski said.

For additional information about myPay, visit the Web site at <https://mypay.dfas.mil>. For additional assistance, call the Centralized Customer Support Office at 1 (800) 390-2348.

NEWS BRIEFS

BOX TOPS FOR EDUCATION

Matthew C. Perry Elementary School is still collecting Box Tops for Education. The school has earned over \$600 so far. Several enthusiastic classes have contributed to the effort with some contributing over 300 box tops. Students still have time to collect Box Tops for Education. The school has until the middle of March to complete the drive. For more information contact Toni Keating at 253-2037.

CABLE TV SURVEY

The S-6 is currently conducting a survey to determine what channels will be removed from the cable TV line up in order to accommodate the addition of new AFN channels.

This survey will also determine preferences of free-to-air channels in the event new programming becomes available.

It is important you participate in the survey so we can obtain a majority consensus.

Only the channels listed below are being considered (if you respond with anything not from the list will be disregarded).

The following channels are included in the survey: Channels 15, 16, 19, 22, 26, 31, 32, 38, 39, 40, 41, 42, 43, 44, 45.

To submit your favorite channels or for more information, contact Gunnery Sgt. Robert Perry at perryrw@iwakuni.usmc.mil.

The current schedule for tax statement postings on myPay is:

	No sooner than	No later than
Military Annuitants	Dec. 13, 2003	Dec. 18, 2003
DoD civilian	Dec. 24, 2003	Dec. 29, 2003
Army, Air Force, Navy Reserve and National Guard	Dec. 26, 2003	Jan. 1
Military Retirees	Jan. 1	Jan. 5
Marine Corps Active and Reserve	Jan. 13	Jan. 21
Army, Air Force, Navy active	Jan. 16	Jan. 26

USS Essex tour informs service members

STORY AND PHOTOS BY
LANCE CPL. DAVID REVERE
Combat Correspondent

"Our job is to keep the torch of freedom burning for all," said legendary American Sailor John Paul Jones. "To this solemn purpose we call the young, the brave, the strong and the free. Heed my call. Come to the sea. Come sail with me."

Over 2,000 Sailors and Marines have heeded the call and sailed out with the USS Essex, currently in port in Sasebo, Japan. The ship is standing down for the holidays and undergoing routine repairs, said Chief Petty Officer Leonard Cole, Essex command career counselor.

Cole was one of three chiefs who led Marines and Sailors from Combat Service Support Detachment 36 on a tour of the ship Dec 29.

"The tour was planned as both a PME and as a morale booster," said Lt. Col. Dale Houck, commanding officer for CSSD-36. "The intent was to show the Marines (and Sailors) what shipboard life on an amphibious ship



Narrow bulkheads seem to continue on forever, underscoring the USS Essex's impressive 840 feet length.

is like and what they could expect if they ever deploy as part of an amphibious force.

"We chose the USS Essex because it is the second ship in the all-new WASP (LHD 1) class of multipurpose amphibious assault ships and is relatively new, commissioned in 1992," Houck said. "The ship is unique and important to the Marine Corps because it can carry a significant amount of assault support aircraft (up to 42 CH-46's) and has a large well deck, a rare but important combination."

Lance Cpl. John Andrew Knowles, CSSD-36 barracks manager, agreed that the facilities and capability of the ship were impressive. "I thought it was pretty amazing how short the flight deck was considering that the planes can take off and land in that tight of space."

Since being commissioned in 1992, the ship has established an impressive history. Some of the highlights have been participation in the withdrawal of the multinational force from Somalia in Operation United Shield in 1995, replacing the USS Belleau Wood in Sasebo in 2000 for the largest hull swap in U.S. Naval history, and humanitarian assistance and disaster relief operations in East Timor in 2001.

Currently, the ship facilitates the 31st Marine Expeditionary Unit (Special Operations Capable). It's principle mission is to conduct prompt, sustained operations at sea, primarily as the centerpiece and flagship of the Amphibious Ready Group.

"We exist to support the (Marine Expeditionary Unit)," said Cole. "Whatever they want to do, that's what we do. That's why the ship was built. That's why we're here."

LHDs provide the means to transport, deploy, command and



A Combat Service Support Detachment 36 plaque was presented to the public affairs chief and each of the chiefs who served as tour guides received a CSSD-36 command coin. From left to right: Chief Petty Officer Leonard R. Cole, Lt. Col. Dale Houck, Chief Petty Officers Roger Dutcher and Derrick Henry.

support all elements of a Marine landing force of over 2,000 troops during an assault by air and amphibious craft.

Designed to be versatile, the ship has the option of simultaneously using helicopters, Harrier jets, and Landing Craft Air Cushioned, as well as conventional landing craft and assault vehicles in various combinations.

In carrying out its primary mission, the 844-foot long, 44,000-ton Essex will transport and land ashore troops, tanks, trucks, artillery and other supplies necessary to support an assault.

"The Marines were very impressed with what they saw," said Houck. "Even though the ship was in port and had no equipment aboard, they were able to imagine what it would be like with embarked aircraft, vehicles, other equipment, full crew and almost 2,000



The well deck of the USS Essex is a massive space used for storing a variety of amphibious vessels.

Marines aboard. Several of the Marines now have a newfound respect for the Sailors and what they do and the conditions they work under. That was probably their most important takeaway."

Imagining living on the Essex, Knowles commented, "Ship life is very cramped with very tight spaces. I'd have to duck my head a lot. I'd get used to it, but I have a lot of respect for the Sailors working on that ship."

BEEF from Page 1

was identified Dec. 23, commissary customers have raised questions about the safety of beef purchased at their local commissary. Questions range from "should I return the ground beef I bought last week?" to "has my commissary received meat from the infected cow?"

The answer to both questions is "no" said Wolken, an Army veterinarian. "As is always the case, customers who wish to return commissary products for a full refund may do so without question. The brain, spinal cord, and lower intestine - where the protein or 'prion' that is believed to cause BSE is found - is not generally used in food consumed by Americans. Those parts were removed from the infected cow before any of it could enter the meat supply."

USDA investigators have determined that the recalled meat went to a few commercial markets in

Alaska, Hawaii, Idaho, Montana and Guam as well as Washington state, Oregon, California and Nevada.

"No commissaries received any of those shipments," Wolken emphasized. "But I can certainly understand customers having concerns and questions. We're all affected by this - we're all concerned."

Mad cow is a fatal disease that destroys the brains of the infected animal. It is caused in cattle by misshapen proteins called prions and is thought to be spread from animal to animal through contaminated feed. A rare form of the disease in humans known as variant Creutzfeldt-Jakob Disease has been linked to the consumption of contaminated beef products. The approximately 140 deaths linked to "mad cow" since the mid-90s have mainly been in Britain.

For the latest developments check the food safety link at <http://www.commissaries.com>.

SERGEANT MAJOR from Page 1

rines were doing an excellent job supporting the Marine Corps mission, whether or not they participated in OIF.

"For those Marines that did not get the chance to go to Iraq last time, this is a good chance to go. However, for those that don't go this time either, that does not mean you are behind everyone else because you have not seen combat. The Marine Corps has you right where they need you, accomplishing the Marine Corps mission," said Estrada.

The sergeants major also discussed quality of life, education and Marine Corps Community Services issues.

While visiting the Station, Estrada visited Marine Aircraft Group 12, Combat Service Support Detachment 36, Marine Wing Support Squadron 171 and Headquarters and Headquarters Squadron, speaking directly to the service members.

Retired Marine awed by improved base

CPL. DAVE BONI

Combat Correspondent

The year was 1955. African Americans from Mobile, Ala. decided their civil rights had been trampled on long enough and started a citywide bus boycott. The Brooklyn Dodgers had just won the World Series from the mighty New York Yankees and West Germany made headlines by joining NATO. Bread cost 15 cents and 21-year-old Cpl. Edmund Walsh reported for duty aboard Marine Corps Air Station Iwakuni, Japan.

Although many years would pass before Walsh would come back to the Station, this time as a retired major, the memories and experiences remained inside the man who met his wife and had his first child here.

"I was stationed in Iwakuni from 1955 to 1958. Back then everyone rode bikes and nobody had cars unlike what I see today," said Walsh.

The retired major spent 26 years in the Marine Corps spending the first 13 of those years on the enlisted side. After being temporary selected as a second lieutenant, Walsh was shipped to Vietnam and, after his tour was complete, his commission was made permanent. Although Walsh would never return to Iwakuni as an active duty Marine after his three-year tour, he said he still reminisces about the time he spent here.

"When I came to Iwakuni as a corporal it was an E-3 and sergeants were E-4s," said the former ground supply Marine. "My barracks were made out of wood and there were 15 Marines to a room and it stood where the Headquarters Building (Building one) now stands."

To further state the dramatic changes the Station has undergone, Walsh said the building where he worked is now the location of the IronWorks Gym. A small Post Exchange was across the street from his barracks and the most common thing to do for Marines here was to go to the enlisted club on the other side of the base.



Photos courtesy of Edmund Walsh

Edmund Walsh takes a break from his then brand new typewriter to smile for the camera aboard Marine Corps Air Station Iwakuni in 1955.



Edmund was shocked by the ever improving facilities and amenities available to today's Marines compared to the days Iwakuni was his stomping ground.

For most service members here now, the yen rate has never been over 124 yen to the U.S. dollar, but

according to Walsh it was common to see the rate as high as 360 yen to the dollar.

"Everything was so cheap back then. Bread was 15 cents, electronics were cheap, but also poorly made and appliances were very inexpensive," he said.

Liberty cards were in affect back then with Marines signing out with buddies like it is done today. But while most Americans were bopping to the number one hit that year, "Rock Around the Clock" by Billy Haley and the Comets, Walsh was spending his weekends with his future wife and a few friends entertaining orphans in Hiroshima.

"My wife was a Japanese employee and she worked with me on base, but before we got

married she would come with us to the orphanage and act as a translator. We would take the kids to an amusement park close by and buy them clothes and such just to help out," Walsh said. Although Walsh said his three years here were great he wouldn't have minded being stationed here now.

"The base is amazing. The buildings are so high tech and I remember the golf course not being much more than a cow pasture," Walsh joked. "Now the course is great and the clubhouse is first rate."

One thing Walsh still has trouble getting over is the amount of cars on base.

"I have relatives not far from base and I walk here when I come on base and all I see is cars. Whatever happen to good old fashion bike riding?" he asked.

But Walsh answered his own question realizing change is inevitable and in many cases an improvement.

"I think the best thing about MCAS Iwakuni is every year this place becomes more beautiful than the year before. Despite all the changes I still get the same feeling walking through the Main Gate as I did 50 years ago," said Walsh.

The 'Professionals' arrive for construction work

NMCB-5 DETAIL IWAKUNI

Public Affairs

"The Professionals" of Naval Mobile Construction Battalion (NMCB) Five arrived in Iwakuni recently to replace the Seabees of "Fighting Forty," NMCB-40.

The Seabees have a constant presence at MCAS Iwakuni, rotating between the eight active Seabee battalions every six months. NMCB-5 is spread out around the world this deployment.

The battalion's main body is in Camp Shields, Okinawa, with nine detail locations – from San Clemente Island, Calif., to Southwest Asia.

The Battalion has 25 Seabees in Iwakuni tasked with completing various construction projects, including building a security wall, enlisted barracks entrance canopies, relocation of a transformer, and various other projects around the Air Station.

"Deploying two weeks prior to Christmas is hard on the family and the military member," said Detail Iwakuni Officer in Charge Lt. Jason Wood. "However, 'The Professionals' took advantage of many opportunities to keep the morale high during the holiday season."

When the 'bees aren't working, they participate in many off duty activities, playing as hard as they work. They participated in the Jingle Bell Jog, an MWR trip to the Tokuyama Light Festival, a visit by the Honey Bear Dancers, and various local trips.

"The Seabees from NMCB-5 want to take an opportunity to thank Col. Darrah and his staff, MCCS, Facilities, and the rest of the base for welcoming us to your community and ensuring our Christmas Season was enjoyable," said Wood. "We look forward to working with you in 2004 and wish you all a prosperous New Year."

For more information on NMCB-5 and Detachment to Iwakuni, please visit our Web site at <http://ww2.seabee.navy.mil/index.cfm/4104>.



Photos courtesy of NARA



‘Dream’ lives

LANCE CPL. RUBEN D. CALDERON
Combat Correspondent

The third Monday of January is declared a federal holiday for one reason, the birthday of civil rights leader Dr. Martin Luther King Jr.

In the mid ‘50s and ‘60s, King played one of the most pivotal roles in the civil rights movement as a leader and a voice. But his voice was forever silenced on April 4, 1968.

Born in 1929 in the southern city of Atlanta, in a state where segregation laws were strongly in effect, King witnessed the mistreatment of humans at an early age.

Southern segregation laws were in full force after the Civil War. These laws were known as the Jim Crow system, named after a 1830s minstrel show character that depicted and embodied negative stereotypes of blacks.

The system was comprised of unjust rules that included signs in public places displaying words such as “whites only” or “colored only.” Blacks were not able to integrate or sit in the same seats with caucasians in restaurants, trains, theaters, ballparks and buses. The laws segregated blacks and restricted African American rights in almost every conceivable way.

King was the eldest son of Alberta Williams King and Martin Luther King Sr., a Baptist minister. He himself was ordained as a Baptist minister at the adolescent age of 18. In academics, King progressed through Morehouse College in Atlanta, Crozer Theological Seminary in Pennsylvania, and at Boston University. At this point in his life, the young King became increasingly influenced by Mahatma Gandhi’s nonviolent strategies for social change. King was then crowned with a doctorate in systematic theology in 1955.

That same faithful year, on Dec. 1, proved to be

the turning point of American history. Rosa Parks, a leading member of the National Association for the Advancement of Colored People (NAACP), was riding on a bus and sitting in the “colored” seats. The bus made one of its scheduled stops and an Anglo passenger stepped into the bus. The bus went journeying to its destination. The passenger stood from his seat, walked to the back of the bus and ordered her to give up her seat.

The “colored” folk, as they were called, to, by segregation laws had to sit in the “colored” bus or in designated seats. Parks refused to do so. She called the police. Parks was arrested and convicted of violating segregation laws.

This, obviously being an act of defiance, led to a direct bus boycott in that same city, Montgomery, Ala. The boycott involved a type of transportation from that city to other parts of the state. Parks was then chosen as president of the Montgomery Improvement Association (MIA).

The boycott lasted for a year. On November 1956 a federal court ruled that Montgomery buses desegregated.

The Montgomery boycott gave King and his beliefs national prominence. It inspired other civil rights protests such as sit-ins at other segregated facilities.

King’s alluring demeanor corresponded with and appealed to the American public’s impression on Anglos outside the South. His growing reputation as a peace-loving leader was bombed in Montgomery in 1956. At that time there was an attempt on his life.

- Jan. 15, 1929
Born in Atlanta
- June 1948
Receives bachelor's degree from Morehouse College
- June 1951
Receives bachelor's degree from Crozer Theological Seminary
- September 1954
Becomes minister at Dexter Ave. Baptist Church in Alabama
- June 1953
Marries Coretta Scott
- May 1955
Receives Ph.D. from Boston University
- August 1957
Becomes president of the Southern Leadership Conference
- September 1958
“Stride toward Freedom” published
- February 1959
Dr. King visits India to study nonviolent tactics of Mahatma Gandhi

on in Iwakuni

merican civilization. Rosa Parks, a member of the National Association of Colored People (NAACP), was sitting down on one of the "colored" seats of its concurrent stops. As the bus moved into the caravan. Before reaching its next stop, the driver turned the bus towards Parks and asked her to move to the Anglo passenger

seats, as they were often referred to as "colored" seats. Parks was sitting on one of the "colored" seats. By law, she was required to sit in the "colored" seats. She refused so the driver arrested her, jailed, and violated segregation laws.

Being unjust, motivated King to lead a boycott in that same city of Montgomery, Ala., involving blacks not taking any money from the city buses. He was arrested and sentenced to 30 days in prison (MIA). He was in prison for a little less than a year. In 1956, a federal court ordered the Montgomery bus system desegregated.

The boycott was triumphant and drew national attention. It also inspired protests around the South, against segregated establishments. King's demeanor and his ideals, that he had appealed to Christian and African idealism, made a positive impact outside the South. Despite his reputation as a peaceful man, King's home in Montgomery. This was not the first impact on his life, nor was it the

In 1963, King and other black leaders organized the March on Washington, one of the greatest demonstrations in America's history. He spoke to a crowd of more than 250,000 people, dramatizing the plight of black Americans.

Standing before the Lincoln Memorial, King gave his "I Have a Dream" address, touching the souls of Americans. For his outstanding contributions, King received more than 300 honors and awards. In 1964, he received the world's highest honor, the Nobel Peace Prize.

King was assassinated as he was walking with friends on the balcony of Lorraine Motel in Memphis, Tenn., on April 4, 1968. In 1977, the United States honored him with the nation's highest civilian award, the Medal of Freedom. Jan. 1986 marked the beginning of the official national observance of King's birthday.

Marine Corps Air Station Iwakuni will observe King's birthday Monday. All aboard the Station should take time to reflect on King's vision and "dream," said Gunnery Sgt. Glenn E. Griggs, Station equal opportunities advisor.

"Whether you are an African-American, Hispanic, Native American, Caucasian or Asian-American, you are part of that great dream King had for America," said Griggs.

"I don't know much about Dr. King besides the obvious and what he fought for, but from what I do know, I am grateful. He didn't just help African-Americans, he helped the human-race as a whole," said Lance Cpl. Kellen Chumley, Headquarters and Headquarters Squadron videographer.

While Marines and Sailors enjoy a delightful day off, they should reflect and think about the sacrifices of others and appreciate what it means to them, said Griggs.



<p>January 1959 King visits India to study nonviolent tactics after the assassination of Mahatma Gandhi</p>	<p>January 1960 Becomes co-pastor of Ebenezer Baptist Church in Atlanta</p>	<p>October 1962 Arrested at sit-in in Atlanta</p>	<p>April 1963 Gives "I Have a Dream" Speech at a march on Washington</p>	<p>December 1964 Awarded Nobel Peace Prize</p>	<p>March 1965 Organizes Voter Registration March from Selma to Montgomery, Ala.</p>	<p>August 1965 Voting Rights Act signed by President Lyndon B. Johnson</p>	<p>April 4, 1968 Killed by sniper at the Lorraine Motel in Memphis, Tenn.</p>	<p>November 1983 Dr. Martin Luther King Jr. Federal Holiday instituted</p>
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Monkeys run wild in 2004

BY GUNNERY SERGEANT M.A. ZEID
USMC Reserves

Thursday will be the start of a very interesting year as it marks the Chinese New Year and the beginning of the year of the monkey.

There are several legends explaining the "junishi," the 12 animal signs of the Oriental zodiac. One legend said that Buddha called all the animals of the world to come and pay homage to him, however only 12 came.

The rat was the first to arrive since he had hitched a ride on the back on the ox and jumped off just before meeting Buddha. Following the rat and the ox were the tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and wild boar. As a reward, a year was named after each of them according to the order they arrived.

Another legend said the animals were arguing about who would lead the cycle of years. The gods decided to hold a contest and have the animals swim across the river. Again, the rat jumped on the back of the ox and jumped off at the last moment.

The animals received their

years in the order they arrived at the opposite bank.

Many people in Japan and China expect people to display the characteristics of the animal, or sign, of the year they were born. Since monkeys can do anything, the birthrate in Asian countries usually increases dramatically in the year of the monkey.

Many Japanese matchmakers, also called "nakodo," carefully consider couple's compatibility based on their birth years before arranging a marriage.

People born in the year of the monkey are considered lively, likable, highly sociable and witty. These people are talkative and fascinating conversationalists. They love to have fun and tell jokes as well as have adventures.

However their friendliness is often a ruse. While they are clever, they tend to feel they are much smarter than everyone else.

They can be manipulative and tricky and are very good at getting others to do things for them. This also makes it very difficult for others to trick or fool people born under the sign of the monkey.

Furthermore, people born in the year of the monkey get bored easily and are quick to turn the mundane into adventures. Even with the most routine and boring of jobs, they look for ways to make the jobs more fun for everyone involved. They are great at finding opportunities for fun, adventure and business.

The best marriage partners for those born in the year of the monkey would be those born in the years of the monkey, rat, ox or dragon.

Other considerable matches are with those born in the years of the tiger, wild boar and rabbit.

The worst possible matches would be with someone born in the years of the horse, sheep, dog or rooster.

Some of the more famous people born in the year of the monkey are Will Smith, Julius Caesar, Elizabeth Taylor, Harry S. Truman, Jennifer Anniston, Joan Crawford, Gillian Anderson, James Stewart and Omar Shariff.

This article was compiled from several sources on the Internet.

Monkey	Rooster	Dog	Boar	Rat	Ox	Tiger	Rabbit	Dragon	Snake	Horse	Sheep
'04	'05	'06	'07	'08	'09	'10	'11	'12	'13	'14	'15



OUT THE GATE

Note: Japanese who do not speak English may answer the phone numbers provided.

Early Spring Flower Display

This display will be held at Hiroshima Botanical Garden until Jan. 29, 9 a.m. to 4:30 p.m. It closes every Friday. Approximately 500 plants of narcissuses, Japanese plum trees, tulips and more will be displayed in a building behind the greenhouse. Admission fee is required. Call

082-922-3600 for more information.

Yanai Flea Market

A flea market is scheduled to be held at Yanai City Hall Sunday, 8 a.m. to 4 p.m. In case of heavy rain, it will be cancelled. Call 0820-26-6666 for more information.

Bonsai Tree Exhibition

There will be an exhibition of approximately 30 pieces of bonsai trees Saturday to Monday, 9:30 a.m. to 5 p.m. at the exhibition hall in the Iwakuni City Auditorium. Most bonsai displayed consist of pine trees.

Some bonsai trees will put for sale as well. The admission is free. Call 21-6535 for details.

Momotesai Festival

This Shinto ceremony will take a place at Ohmoto Shrine on Miyajima island Tuesday, 11 a.m. to 12 p.m. During the ceremony they shoot arrows in order to drive out evil spirits. There will be some offering called "Houhan", a typical field rations for soldiers in Japan's Middle Ages. The admission is free. Call 0829-44-2011 for more information.

TORII TELLER CLASSIFIED ADS

To submit your ads or announcements: *Torii Teller* accepts ads/announcements from nonprofit organizations and groups only. Briefs run on space-available and time-

priority basis. Deadline for briefs is noon Thursday. *Torii Teller* reserves the right to edit to fit space. Stop by Building 1, Room 216 to fill out a form.

AUTOMOBILES

Nissan Skyline GT525T, 1994, black, 2 door, P/W, P/L, AM/FM/CD/cassette/radio, 5 speed, A/C, 2.5 liter V6 turbo, JCI until Oct. 2005, \$5,000 obo. Call Sgt. Fuesting at 253-5995 dwh or 253-2377 awl.

Nissan Skyline, 1992, HCR-32 GTS-T Type-M, black, automatic, sports exhaust plus original stock exhaust system, recently purchased tires, HKS blow off valve, Apexi air intake, engine mount bar, Hicas 4 wheel steering, Momo sports steering wheel, A/C, P/W, Kenwood 45w X 4 stereo, quick and very reliable car, \$4,000 obo. Call Sgt. Smith at 253-4302 dwh,

253-7199 awl or 090-6438-0685.

OTHER ITEMS

Misc., wooden rocking chair with cushion and step stool, excellent condition, \$65; Peg Perego single stroller, used for one year, \$50, baby bassinet and other misc. baby items. Call Heidi Hayes at 253-2202.

Misc., Mid-Tower PC, Pentium 4 Processor at 2.4 Ghz, 512 MB DDR SDRAM, 40GB Seagate HDD, 128MB AGP Geforce4 video card, CD-RW/DVD-ROM drive, keyboard and mouse included, 17" CRT monitor, no operating system, \$550. Call Phillip Grant at

253-3510 dwh or 090-1681-0866.

Misc., Japanese style washer with spin basket, works great, not fully automatic, \$45 obo; Japanese kerosene heaters, two each, \$30 obo each. Call Beth Davis at 253-4526 dwh or 31-8459 awl.

JOB OPENINGS

CHRO (253-6828)

MCCS:

- Child Development Program Administrator
- Supervisory Librarian
- Supervisory Education Services Specialist
- Career Resource Program Manager

Facilities:

- Interdisciplinary Engineer

- Environmental Protection Specialist
- Housing Management Assistant

DeCA:

- Sales Store Checker (Student Temporary Employment Program)
- Store Worker (Intermittent)

MCCS (253-3030)

(The following jobs are open at MCCS Personnel)

MCCS Job Listing:

- Retail Area Supervisor, civilian only
- Inventory Control Specialist, civilian only
- Procurement Assistant, civilian only
- Basic Replenishment Clerk, civilian only
- Catering Manager
- Club Operations Assistant, civilian only

- Food Court Assistant Manager

- Food Service Worker, civilian only

- Library Technician, civilian only

- Operation Assistant, civilian only

- Recreation Assistant
- Personnel Officer

- Accounting Technician, civilian only

- Contract Specialist, civilian only

Continuously Open Jobs

Retail Branch:

- Senior Sales Associate
- Retail Operations Assistant

- Sales Clerk
- Store Worker

- Laborer

Food & Hospitality:

- Club Operations Assistant

- ID Checker
- Waiter/Waitress

- Food Service Worker

Services Branch:

- Retail Operations Assistant
- Car Rental/Service Station Attendant

- Car/Washer/Laborer
- Recreation Attendant

Athletics Branch:

- Recreation Operations Assistant

- Recreation Assistant

- Recreation Attendant
- Lifeguard

Marine Lounge, SMP, Sakura Theater:

- Recreation Operations Assistant

- Recreation Attendant

Health Promotions Branch:

- Recreation Attendant

Torii Tunes

Torii Tunes seeks an Assistant Manager/Manager Trainee. Applicants with outstanding customer service skills and a desire to excel in the entertainment sales business may drop off a resume at Torii Tunes in the Marine Corps Exchange or e-mail Alan Burnside at absoftrep@aol.com. Call 253-5641 ext. 332 for more information.



MOVIE SCHEDULE

FRIDAY

- 11 a.m./5 p.m. Grizzly Falls (PG)
- 2 p.m./8 p.m. American Graffiti (PG)
- 11 p.m./5 a.m. Cabin Fever (R)
- 2 a.m. Tears Of The Sun (R)

SATURDAY

- 11 a.m./5 p.m. K-Pax (PG-13)
- 2 p.m./8 p.m. Alex And Emma (PG-13)
- 11 p.m./5 a.m. Town And Country (R)
- 2 a.m. Longest Yard (R)

SUNDAY

- 11 a.m./5 p.m. It Runs In The Family (PG-13)
- 2 p.m./8 p.m. 2 Fast 2 Furious (PG-13)
- 11 p.m./5 a.m. Eight-Legged Freaks (PG-13)
- 2 a.m. Love And Sex (PG-13)

MONDAY

- 11 a.m./5 p.m. Here On Earth (PG-13)
- 2 p.m./8 p.m. Grind (PG-13)
- 11 p.m./5 a.m. Willard (PG-13)
- 2 a.m. Hearts In Atlantis (PG-13)

TUESDAY

- 11 a.m./5 p.m. Showtime (PG-13)
- 2 p.m./8 p.m. Pirates Of The Caribbean (PG-13)
- 11 p.m./5 a.m. Bringing Out The Dead (R)
- 2 a.m. Escape From New York (R)

WEDNESDAY

- 11 a.m./5 p.m. Holes (PG)
- 2 p.m./8 p.m. Seabiscuit (PG-13)
- 11 p.m./5 a.m. Open Range (R)
- 2 a.m. Jakob The Liar (PG-13)

THURSDAY

- 11 a.m./5 p.m. The Glass House (PG-13)
- 2 p.m./8 p.m. Dumb And Dumberer (PG-13)
- 11 p.m./5 a.m. Novocaine (R)
- 2 a.m. The Watcher (R)

SAKURA THEATER



LOONEY TUNES BACK IN ACTION

Our celluloid heroes embark on an adventure that takes them from Hollywood to Las Vegas, Paris and the jungles of Africa in search of Fraser's character's missing father and the mythical Blue Monkey Diamond (90 minutes).



DR. SEUSS' THE CAT IN THE HAT

Mike Myers stars in the title role of Dr. Seuss' The Cat in the Hat, the film adaptation of the beloved literary classic. The mischievous feline visitor in the striped stovepipe hat makes his big screen debut with this live-action production, which will bring the off-kilter Dr. Seuss characters - as well as some new ones created especially for the film - to life on the big screen (82 minutes).



SOMETHING'S GOTTA GIVE

Harry Langer is a man of some age and experience who generally dates younger women. He has a heart attack while visiting the beach home of the divorced playwright mother, Erica, of his latest girlfriend, Marin. With his girlfriend having gone back to the city, Harry is left in the care of Erica and his doctor, but the two men soon find themselves competing with each other, as they both fall in love with Erica (133 minutes).

FRIDAY

- 7 p.m. Scary Movie 3 (PG-13)
- 10 p.m. The Last Samurai (R)

SATURDAY

- 1 p.m. Looney Tunes Back In Action (PG)
- 4 p.m. Dr. Seuss' The Cat In The Hat (PG)
- 7 p.m. Scary Movie 3 (PG-13)
- 10 p.m. Texas Chainsaw Massacre (R)

SUNDAY

- 4 p.m. Looney Tunes Back In Action (PG)
- 7 p.m. Something's Gotta Give (PG-13)

MONDAY

- 7 p.m. Radio (PG)

TUESDAY

- 7 p.m. Texas Chainsaw Massacre (R)

WEDNESDAY

- 7 p.m. Something's Gotta Give (PG-13)

THURSDAY

- 7 p.m. Scary Movie 3 (PG-13)

This schedule is submitted by the Sakura Theater and is subject to change. For show times call the Sakura Theater at 253-5291

COMMUNITY BRIEFS

EDUCATION

Test Schedule

Tuesdays/Fridays - CLEP, DSST

Wednesday - ACT

Thursday - SAT

January 26 - EDPT, DLAB

January 28 - DLPT

January 29 - AFCT

For more information call 253-3855.

HEALTHCARE

Anger Management Group

Every Wednesday, Jan. 28 to March 17, 11:30 a.m. to 12:30 p.m. Anyone who desires a better understanding of their own anger and how to effectively handle it is invited. Participants will attend all eight sessions, but people can come at any time. Call Mindy Gelder at 253-4526 to sign up.

CHRO

CHRO Training

■ **Family Member Local Employment Orientation:** Tuesday, 8-9 a.m.

■ **RESUMIX Training:** Tuesday, 9:30-10:30 a.m.

■ **Outbound Family Member Priority Placement Program Brief:** Tuesday, 11 a.m. to 12 p.m.

■ **New Employees Orientation:** Wednesday and Thursday, 8 a.m. to 4:30 p.m. For more information and nomination, call 253-6828 or send e-mail to shiomuram.jp@iwakuni.usmc.mil. Classes will be held at the Building 1, Room 102.

MCCS

CRMC Classes (253-6439)

■ **Basic Resume Writing:** Wednesday, 9-11 a.m.

■ **Interview Job Skills Workshop:** Thursday, 1-3 p.m.

Club Iwakuni (253-4143)

■ **Long Weekend Dance Party:** Sunday, 8 p.m. all ranks in the ballroom.

■ **Leaders Night:** Tuesday, 5-

8 p.m. in the Landing Zone.

■ **Super Bowl Drawings:** Jan. 31. Drawings are available in all lounges for arm chair seating at the Feb. 2 Super Bowl Party in the ballroom.

■ **Win A Caribbean Cruise:** Now through Feb. 14, Club Iwakuni members receive one chance to win a Caribbean cruise for two for each meal purchase in the dining rooms or ballroom. The winning entry will be drawn during the Valentine's Dinner on Feb. 14. Ask Club Iwakuni servers for details.

MCX (253-5641)

■ **Fitness Sale:** Thursday to Jan. 25. Purchase exercise equipment accessories, shoes and apparel for men, women and children at discount prices.

Youth Center (253-4769)

■ **School Age Care Day Camp:** Jan. 26, 6:30 a.m. to 5:30 p.m. Parents, let the center know at least one week in advance if your child will be attending.

Teen Center (253-6454)

■ **70's Dance Party:** Saturday, 6-11:30 p.m. Wear your disco dancing shoes. Only middle school students dance 6-8:30 p.m. Both high school and middle school students dance 9-11:30 p.m.

Single Marine Program (253-4656)

■ **Geihoku Valley Ski Trip:** Jan. 24, 5 a.m. \$10 transportation and 5,000 yen for a lift ticket.

■ **Madden Football Tournament:** Jan. 31, 6 p.m. Prizes for first, second and third place.

Premarital Workshop

Jan. 30, 8 a.m. to 3:30 p.m. at the Station Chapel. Free and open to active duty Marines and Sailors. Call 253-3371 for more information.

On-Base Taxi Service

The taxi operates on the Station Friday and Saturday, 7 p.m. to 3:30 a.m. Rides cost \$1 per person (minimum \$3). Call 253-5954 or (98)090-8248-0856 for dispatch.

COMMUNITY

National Children's Dental Health Month

Come join the celebration at the Dental Clinic Feb. 7, 8 a.m. to 1 p.m. There will be fun games and prizes, gifts for children and helpful information for the parents. Children's exams will be performed as well. For details call Chief Petty Officer Olaes at 253-5252 or Lt. Gelder at 253-3331.

Sensible Eating During Pregnancy

WIC Overseas will discuss healthy eating during pregnancy Jan. 28, 3 p.m. at the BMC. This class is in conjunction with the trimester class. Call 253-4928 to preregister.

Bottle Feeding Class

Join the WIC Overseas office Tuesday, 2 p.m. at the CDC training room, and find out more about infant formulas and bottle feeding. Call 253-4928 to preregister.

WIC Overseas Program

This program is available to the Iwakuni community. WIC Overseas is a supplemental food and nutrition education program. The program is designed to assist pregnant and postpartum women, infants and children up to 5-years-old. Eligibility is based on family size and income. Income does not include COLA or BAH. For more information call 253-4928.

Thrift Store

The Thrift Store is open Tuesdays from 10 a.m. to 2 p.m., Thursday from 4-8 p.m. and the last Saturday of each month from 9 a.m. to 1 p.m., in Building 1117, located next to the Chapel.

Iwakuni Toastmasters

Join Toastmasters Club, which provides Communication and Leadership training. For more information contact Ms. Regan at 253-4557 or Ms. Donahue at 253-5328 or visit <http://iwakunitmc.at.infoseek.co.jp>

Womens Wellness Forum

First Thursday every month, 6:30-7:30 p.m. at the IronWorks Gym Wellness Room. Call 253-4038 for details. Topics change every month.

CHAPEL SERVICES

Roman Catholic

Saturday	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sunday	9:30 a.m.	Mass
	10:45 a.m.	CCD

Protestant

Saturday	9:30 a.m.	Seventh Day Adventist (second and fourth)
Sunday	8 a.m.	Traditional
	9:30 a.m.	Sunday School
	11 a.m.	Contemporary
	12:30 p.m.	Jesus Christ Apostolic Service
Thursday	6:30 p.m.	Jesus Christ Apostolic Bible Study

Church of Christ

Sunday	9:30 a.m.	Bible Study
	10:30 a.m.	Church of Christ
Wednesday	7 p.m.	Bible Study

Latter Day Saints

Sunday	1 p.m.	Priesthood/RS Meeting
	2 p.m.	Sunday School
	3 p.m.	Sacrament

Muslim

Friday	Noon	Prayer
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Jewish

Friday	6 p.m.	Shabbat
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For information regarding divine services, religious education or any other Command Religious Program/Chapel activity call the Station Chapel at 253-5218.



Lance Cpl. Giovanni Lobello

Pint Size Living Museum

Alexis Peterson and other Matthew C. Perry Elementary School students packed the gym with their own versions of important inventors and inventions throughout America's history. The living museum is part of the school's curriculum to teach students about our nation's history.

New Year's tips for new you

STORY AND PHOTOS

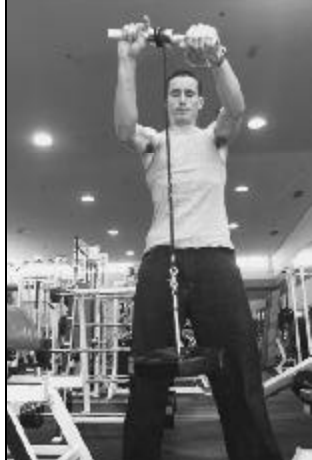
LANCE CPL. GIOVANNI LOBELLO
Combat Correspondent

In the past month and a half an abrupt change in eating habits might have occurred because of Thanksgiving, Christmas and New Years. With the holiday season now gone, our bodies still might be recovering from the damage caused in that period of time.

Lose weight and eat less junk food may be the items at the top of many New Year's resolutions this year. But sticking with those good intentions is not easy. The beginning of the new year is an excellent time to start on a positive note and build the foundation for the remainder of the year.

The beginning of a new year also welcomes new diet trends and quick schemes to lose weight.

According to the MSN Web site last year many people tried the latest miracle and diet bought all the hot new diet book right off the best-seller shelf. At first, many people experienced a



Mike Bageant performs forearm curls during his daily workout at the gym Jan 13.

significant weight loss. Then the weight loss slowed down. Suddenly the fad diet didn't seem so new any more; the special diet food packs were expensive; the new diet just didn't feel healthy.

"Fad diets are not the keys to healthy living. One of the key factors to maintaining your New Year's resolution of staying in shape is understanding that it must be a gradual process," said Charla Truesdale, Marine Corps Community Services fitness coordinator. "Most people give up the process until January or February and expect immediate results. The most successful people are those with a positive attitude that know getting in shape is something that will take several months and are willing to be patient."

Truesdale also added "It is important that you take it one day at a time. And for the times that you have relapses it's OK, that should not be a reason to give up on your plan. After a brief stumble that is a good time to



Takashi Hiyaki grits his teeth to complete his second set of biceps curls. Hiyaki works out constantly, but insists correct form is more important than repetition.

learn from your setback and continue with your yearlong goal."

In addition to with having a positive attitude, nutrition is key element in getting your body in shape.

"It is important to have portion control and to not eliminate what you eat regularly. As long as you eat them in small amounts it's OK to continue your eating routine. Foods with healthy nutrition, values are another key to healthy eating, along with making sure that fast food is not a part of your daily diet."

In addition to maintaining a proper nutrition process, physical training can put the finishing touches your plan to stay in shape.

Try to find several physical activities that can be alternated between days, said Truesdale. When only one exercise is performed, usually the body adapts and does not

stimulate the other muscle groups, added Truesdale. The tread wall is one of the activities available to anyone at any time of the day, there will also be an orientation class for those intimidated or unsure how to work it.

"Here at the IronWorks Gym we have plenty of programs that can help you accomplish your objective," commented Truesdale. "Some of the classes we have available to everyone are aerobics, indoor cycling, step classes and cardio challenge."

IronWorks Gym also offers less physically strenuous activities. Yoga, strength and stretch and pilates are just a few activities available for all who are interested.

Truesdale ended by adding regardless of your plan to get in shape, having a workout partner can make your plan less intimidating allowing you to reach your target.



Paula Reece runs to keep herself in top shape during her workout.

IWAKUNI SPORTS SCENE

38TH ANNUAL GOODWILL KINTAI MARATHON

April 17, 9 a.m. Open to the Station personnel and local Japanese residents. The marathon on the Station comprises of two races of 21 kilometers (half or marathon) or 42 kilometers (a full marathon). Go the distance by yourself, or divide it with teams of four people, three people or two people. Team participation is only allowed in the full marathon. Sign up sheet and fees are at the IronWorks Gym front desk. Call Uemura Turbo at 253-5654 or e-mail him at tadamasa.uemura@usmc-mccs.org for details.

3RD ANNUAL FAR EAST CHAMPIONSHIP KARATE TOURNAMENT

This tournament will be held March 27, 8 a.m. at the IronWorks Gym Sports Courts. Open to the Station personnel, family members, and local Japanese residents, age 5 and up. Sign up by March 25 at the IronWorks Gym front desk. Children from off-base must have a paren-

tal consent letter. Events include sparring/kumite, forms, martial arts demonstration, trophies, medals and a special guest appearance by Howards Jackson, World Champion and current training partner of Chuck Norris.

MARTIN LUTHER KING JR. BOWLING SPECIAL

Monday, 1-9 p.m. All games at the Bowling Center cost \$1. Call 253-4657 for more information.

7TH ANNUAL SEMPER FIT GOODWILL AEROBATHON

Jan. 31, 9 a.m. to 1 p.m. in the IronWorks Gym Sports Courts. 20-minute exercise segments led by Semper Fit instructors, Hi/Lo, cardio kickboxing, step/cycling, agility circuit, muscle conditioning, and yoga. Sign up before Jan. 28 at the IronWorks Gym front desk for \$5. Call 253-6359 for details.



Benjamin Akins, starting point guard for Crash Crew, drives through the lane as the Bengals stand their ground in attempt to take the offensive charge. Defense was a key factor in the second-half rally enabling the Bengals to run away with the victory.

Bengals devour Crash Crew

STORY AND PHOTOS BY
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Marine Fighter Attack Squadron 224's defense came to play against Headquarters and Headquarters Squadron Crash Crew as they went on for an easy 60-42 victory during intramural action Jan. 7. Crash Crew started the game with a 19-7 rally



Diontea Trawich, Bengals Power forward, warms up shooting free throws to prepare for the evenings match against Crash Crew.

lasting approximately 15 minutes. Dale Dudley, center for Crash Crew contributed to their quick start by adding a team high of eight points and drawing numerous fouls in the first half. After the Bengals' second timeout, and a pep talk from the coach and players, a momentum change seemed inevitable.

"I decided to call a timeout again because they were going on another run," said John Dinh Bengals head coach. "During the timeout I really didn't need to say much, the guys knew what needed to be done in order for us to get back in the game."

Bengals guard Gerald Harmon added, "We weren't playing as a team and finishing when we had close shots which was one of our biggest problems. We all weren't on the same sheet of music."

After the timeout, the Bengals rallied back to tie the game at 19 with approximately 2:20 left in the first half. The Bengals and Crash Crew then went back and fourth scoring an additional five points. The first half ended with a last-minute three to tie the game at 24.

"After the timeout, we just started taking more shots and not worrying about the missed ones," said Harmon. "We also started driving it to the whole with the best in mind."

With Crash Crew winning the opening tip off, Bengals were awarded the ball to start the second half. The first half run seemed to roll over into the



Despite an upsetting 60-42 loss, Crash Crew shows the Bengals good sportsmanship after the game to congratulate each other on their efforts.

second half with the Bengals going on another run to score 11 points in 2:30. After Crash Crew's first field goal at the 16:30 minute mark, the damage had already been done.

Plagued by turnovers, the young Crash Crew team was not able to get into the rhythm of the game, scoring less than 20 points after their rolling start.

Despite the disappointing loss, a positive attitude still emerged from the Crash Crew team.

"We are a new team still working on our consistency and trying to dominate the paint," said Quan Smith Crash Crew's dominant center. "We understand this season is just a practice for the tournament so we should improve as a team by then."