

Fighting Phoenix enjoys 300 miles of deployment

LT. J.G. TRE COSTELLO
LT. J.G. CHRISTINA LAUGHLIN
Electronic Attack Squadron 128

The Fighting Phoenix of Electronic Attack Squadron 128 were hard at work on deployment again. Currently, the entire squadron is stationed at Marine Corps Air Station Iwakuni, Japan. This has not been the case for most of the three-month deployment. The squadron's travels have taken them to Andersen Air Force Base, Guam, Naval Air Station Atsugi, Japan and Misawa Air Force Base, Japan.

VAQ-128 started with a three-week stay on Guam - the "Pearl of the Pacific", where they participated in Cope North 2004. Cope North was a mass exercise consisting of US EA-6B's, F-15C's, F/A-18D's, KC-135's and an E-3, as well as, Japanese Defense Force F-4E's and an E707.

The exercise allowed US service members and Japanese forces to fly together in a simulated defense of Japan.

When asked about his experiences in Guam Lt. j.g. Jason 'Leno' Saura said, "It was difficult to get

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America's Squadron sees action in training exercise

LANCE CL. DAVID REVERE
Combat Correspondent

Marine Wing Support Squadron 171 executed a variety of training exercises last week throughout the Station.

Penny Lake Field was the hub of operations, buzzing with perimeter security, and boasting a medical facility and chow hall.

"The intent of the week's exercise was to train in a variety of scenarios that exercised MWSS-171's ability to conduct AGS operations in a dynamic, ever-changing environment," said Capt. Sean C. Killeen, MWSS-171 operations officer.

"The highlights of the exercise centered around the Rapid Runway Repair," noted Killeen.

The triple R method is used to locate dents and bomb craters in an airstrip. Marines determine what needs to be repaired for the use of incoming and outgoing aircraft and fill the holes using the necessary triple R fill kit.

"With the Station's cooperation, the Engineer Company dug a 20-foot crater on a relatively unused portion of the



Lance Cpl. David Revere

Pfc. Gary Wayneshtatcer, combat engineer, provides perimeter security during a crater fill operation executed by Marines from Marine Wing Support Squadron 171.

runway, where we conducted steps necessary to rapidly repair a runway in the event of an attack," said Killeen.

In addition, the Marines placed a partial Tactical Airfield Fuel Dispensing System on the taxiway and refueled an AV-8B Harrier, presenting a rare oppor-

tunity to actually lay in a site.

According to Killeen, the opportunity to set up a base camp was perfectly facilitated at Penny Lake Field. "The establishment of a full-up operational

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Exchange gets tough with thieves

CL. DAVE BONI
Combat Correspondent

A growing problem has been plaguing the Station Exchange for some time now and officials here are not taking it lying down.

In the past month alone, nine different cases of thefts have robbed residents here of goods and services provided for them by the MCX.

To combat the alarming numbers, Marine Corps Community Services Internal Control officer Florine Van Lieu and other Station officials are taking a proactive approach to cease the growing problem.

"Last year there was a reported seven cases of theft at the MCX for the entire year. We have a greater number this year in one month, so obviously we will be doing a better job of security now on," said Van Lieu who has just taken the job over. "We don't wish to inconvenience customers, but we have to tighten our security or the ramifications will be big."

The consequences Van Lieu refers to is the fact that a great deal of money made by the MCX directly comes back to the Station and if the MCX is losing money then that will ultimately affect the community as a whole.

"The PX is here to generate money for the Marine Corps and if we are losing money the prices will go up. That's not fair to residents here," said Van Lieu.

Besides the moral aspects involved with stealing, Station inspector Maj. John Forti said family members caught will not have the second chance offered to them before.

With strict guidance from Marine Corps Base Japan Order 5800.6A, the minimum punishment for a dependant caught stealing is a one-year suspension of identification card and driving privileges for adults, and if the incident occurred off Station the driving license is revoked for the remainder of their stay in Japan.

Juveniles ages 13-18 caught stealing will be given a one-year suspension of ID card, 80 hours of community service, six months in quarters and revocation of driving privileges or the opportunity to obtain a license for the remainder of the sponsor's tour. If the incident occurred away from base the juvenile will be given a one-year restriction to base.

Children 12 and under caught stealing will receive a one-year suspension of ID card, 60 hours of community service, will not be able to obtain a drivers license in Japan for eight

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Kill parents not Bill

CASSANDRA B. ASHCRAFT
Letter to the Editor

It isn't often my husband and I both agree on seeing a movie together. Anxious to be on a date, just the two of us enjoying an adult movie with a plot, we both agreed on "Kill Bill." Our children begged to go, but we said, "no."

Earlier we saw "The Haunted Mansion" and spent time with them eating popcorn, sucking on soda and jumping at every ghost. When it came to "Kill Bill," we laid down the law. It was not a kids movie, we had to say no.

Within the first ten minutes of this film, a pregnant woman was shot point blank in the head. This is the mildest point of the movie as it continues with a "Let the Bodies Hit the Floor" theme. Now, I have been to some very violent films and some with a lot of salty language in my time. I remember turning seventeen and going to see Eddie Murphy's "Raw." I even boldly repeated the dialog to my friends, careful never around grown ups for fear it would get back to Calvin and Janette Baker, my parents.

Even I sometimes need an action movie to break up the cycle of life in Japan. For ninety minutes I can become the gun-toting villain, or the doubt-ridden hero trying to save the

day. Saddened as I may be when the movie ends, I am happy not to live my life like those on the screen.

After "Kill Bill" was over I realized I didn't want to be any of the women in the movie, even though Uma Thurman's character did have a very unique name. I was even happier that my husband and I had stuck to our sword and refused to bring the children along for the show.

The true surprise wasn't the movie, (I knew from critic's reviews it was extremely violent). The surprise came when the house lights came on and two children walked right by my husband and me.

Now, I like to think I'm a pretty OK parent. I even believe from time to time that I am an adult, which is scary. I like a little testosterone in a movie every now and then — just a little 'bulk up' to get me wanting to box like "Rocky." But, I am stable enough to know that a movie is just that, a movie. I don't like to question other's parenting skills, but kids may not always be able make that determination. Kids should not have been at this movie, period.

This isn't the first time I have seen this. I also recall seeing S.W.A.T., and three tiny kids sat beside me. The first 10 minutes of that movie was a reenactment of a Los Angeles shoot out. Eyes wide, popcorn on an

assembly line to the mouth, those children watched, drinking even as shells hit the ground, like liquid nourishment.

What puzzles me more is that the ratings in movies haven't changed much since I was a child, with the exception of PG-13. Even still, I watch a PG-13 movie with my children anyway. I will not say, "I haven't sent my children to the movies by their lonesome to see a PG-13 movie.

As one half of the parenting force in my home, I try to do the right thing from time to time and say, "no". Maybe the parents of those children should do the same.

Editors note: The following rating's are guidelines for parents when they allow their children to watch a movie:

PG-13: Parents strongly cautioned. Some material may not be suitable for children. Parents should be careful letting their younger children watch.

R: Under 17 requires accompanying parent or adult guardian. The film rated contains adult material. Parents are urged to learn more about the movie before allowing their children to see it.

Guide to correct fitness reports

Sgt. MAJ. DOUG CASTLE

Personnel Management Support Branch -30

"I'll gladly pay you Tuesday for a hamburger today" is a phrase that we are somewhat familiar with from the Popeye days of our youth. Unfortunately this concept is still being applied today as we prepare performance evaluations.

One of my responsibilities here at the Personnel Management Support Branch (MMSB), is to educate the "masses" on performance evaluation. The masses being the 103,000 sergeants and above who receive fitness reports.

Probably the most openly and often discussed issue I encounter is that of the Reporting Senior (RS) not providing a copy of the signed report to the Marine Reported on (MRO). Providing the MRO a signed copy of their fitness report is the easiest portion of the performance evaluation process, right? Yet, it is one of the more neglected requirements I continue to hear about from the "masses."

Paragraph 4013.3 and Appendix B.5, Section J.1 of MCO P1610.7E, Performance Evaluation System (PES), both pertaining to the Reporting Senior Certification, reads, "... I have provided a signed copy of this report to the Marine Reported on."

This particular action seems to be removed from the fitness report process a lot of times. Notice I said a lot of times, not all the time. This is similar to writing checks with insufficient funds. The signature on a personal check indicates a promise of good faith. The RS's signature in

Section J indicates a promise of good faith to the MRO, the Reviewing Officer (RO), and to Headquarters, Marine Corps that the RS has provided a copy of the completed fitness report to the MRO.

Another area that seems to be challenging is Section A.1.d - the social security number of the MRO. I am sure there are a plethora of reasons as to why the SSN is a continual discrepancy on fitness reports starting with the MRO. Maybe the MRO isn't providing the correct SSN to the RS on the Marine Reported on Worksheet.

Maybe the command review process isn't being conducted. Even worse, when the RS provides a copy to the MRO they don't catch the disparity.

For instance, there is no such SSN as "123456789," yet we still receive reports with that number in the SSN block. Moreover, there are no two Marines with the same SSN, yet we continue to receive reports with the same SSN for the MRO and the RS, or the RS and the RO, or better yet, the MRO, RS and the RO. "This number is the most critical administrative item of information entered on the form. An incorrect or missing SSN will preclude or delay the entry of the report into the Marine's records." (Chapter 4, trust me.)

If there are ever any questions pertaining to the fitness reporting process, do not hesitate to give us a call (DSN 278-3993 / Commercial 703-784-3993). All of our numbers are on our Web site at www.mmsb.usmc.mil. If you find yourself aboard Marine Corps Base, Quantico, Va., stop by 2008 Elliot Road and take 20 minutes to get the tour and walk away with a current copy of your Official Military Personnel File and Master Brief Sheet.

Facilities in league of their own

LANCE Cpl. GIOVANNI LOBELLO
Combat Correspondent

Facilities now has a more expedient manner of submitting work requests and this new process allows anyone in the Iwakuni community to submit work request directly to their facilities representative.

Iwakuni's facilities are first in the Marine Corps to be going to the new paperless method, easing the workload for all parties involved.

Since Jan. 14 everyone has been able to submit work request online. This procedure can be done by going to <https://intranet.iwakuni.usmc.mil/FAC/> or by the Iwakuni Web site.

The new paperless procedure has been tested internally to ensure that this will in fact be beneficial.

"We started using this technique Jan. 14 internally and already we have

saved a lot of unnecessary paperwork along with the actual paper that is used to make all the requests with," said Navy Lt. Isaac P. Henry, Facilities operations officer.

"Tracking online work requests are easier to track because the identification number is the exact one that we have. Contrary to the paper requests that have their own identification number compared from what Maximo assigns."

Henry commented about the added benefits of having this new program. "Having an Internet based system makes the transactions just that much



Lance Cpl. David Revere

Navy Lt. Isaac P. Henry, Facilities operations officer, finds greater ease and organization with the new online system for receiving and tracking work orders.

quicker," said Henry. "As soon as the submit button is pressed the information is sent and can be retrieved."

For those curious how the maximo system works there will be a training

session devoted to maximo training, new issues and refresher training for facilities representatives.

"On Jan. 28 there will be two training sessions the facilities representatives are required to attend," said Henry. "There will be two different classes scheduled for this day one at 9 a.m. and the other at 1 p.m. At these times not only the facilities representatives can attend, but anyone interested in learning about Maximo or how to submit work requests via Maximo may attend."

Submitting work requests can be made easier by sending it to the right department. From there the facilities representative will revise the request and decide any further action.

"My advice for everyone is to submit work requests electronically, unless the value of the damaged property is less than \$500 or less than 16 hours of labor," concluded Henry.

Seahawks jam into Iwakuni

Cpl. DAVE BONI
Combat Correspondent

Marine Tactical Electronic Warfare Squadron 4 arrived on Station Jan. 20 to take over the void left by Navy Electronic Attack Squadron 128.

The Seahawks left their stomping grounds of Marine Corps Air Station Cherry Point, N.C. en route to supporting operations in the Pacific Command. The Seahawks come here equipped with approximately 273 personnel as well as five EA-6B Prowlers.

For Seahawks commanding officer Lt. Col. Marc L. Magram, the deployment marks his second time here, but first as the commanding officer.

"This is a great opportunity for VMAQ-4 to help support real-world operations in support of Marine Aircraft Group 12, 1st Marine Aircraft Wing and PACOM," he said.

The Seahawks are one of four Prowler squadrons in the Marine Corps. The EA-6B Prowler is the U.S. Marine Corps' tactical jamming aircraft. It joined the fleet in January 1971 and has gone through four major upgrades. Updates to the EA-6B systems have kept

the Prowler prepared for dynamic threats and expanding mission roles.

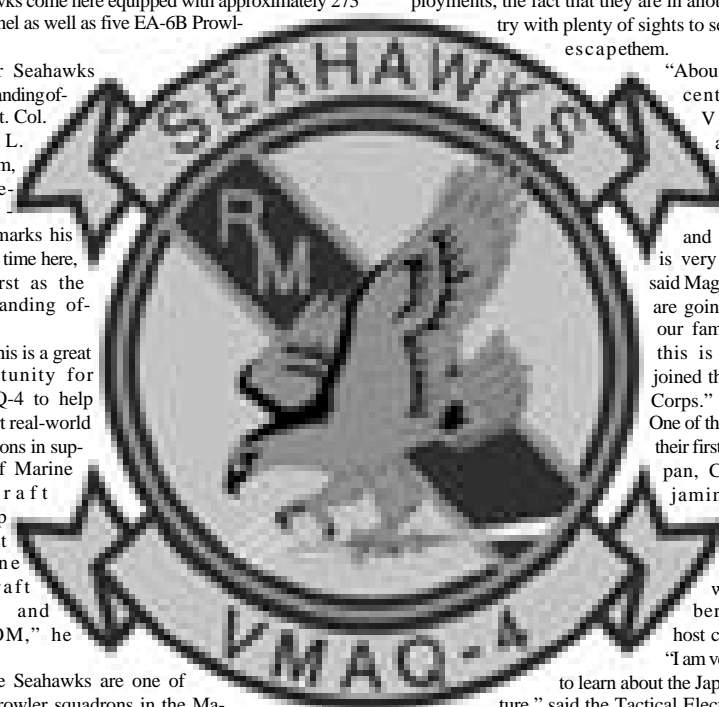
The primary mission of the EA-6B Prowler is to conduct electronic attack by locating and jamming enemy radars and communications. It can also fire AGM 88 High Speed Anti-Radiation Missiles (HARM) to destroy detected radar sites. The secondary mission includes electronic surveillance.

While VMAQ-4 will be gearing up for future deployments, the fact that they are in another country with plenty of sights to see does not escape them.

"About 75 percent of VMAQ-4 are making their first trip to Japan and everyone is very excited," said Magram. "We are going to miss our families, but this is why we joined the Marine Corps."

One of the many on their first trip to Japan, Cpl. Benjamin Flake couldn't wait to interact with members of his host country. "I am very excited

to learn about the Japanese culture," said the Tactical Electronic Reconnaissance Processing Evaluation System analyst. "I'm hoping to learn as much Japanese as I can and I heard the Kintai Bridge is pretty nice so maybe I will make a stop there as well."



NEWS BRIEFS

SEALED BID SALE

Defense Reutilization and Marketing Office Iwakuni's next local sealed bid sale will start Monday. Property on sale can and should be inspected at DRMO from Monday to Wednesday. Make sure to inspect the property prior to bidding. Bid must be received no later than Thursday, 8 a.m. Property on sale includes furniture, ADP equipment, military clothing, exercise equipment, iron, machinery and scrap. Call 253-3982 or 253-4089 for details.

PTO SILENT AUCTION

Matthew C. Perry Elementary School PTO's 4th Annual Silent Auction will be held Feb. 20 at Club Iwakuni ballroom. Preview is at 5 p.m. Bidding is 5:30-6:30 p.m. All donations will be paid after awarding bids are announced. To submit a donation, contact Terrie Stintzman at 253-2402 or Jen Stewart at 253-2490.

SAFETY TRAINING SCHEDULE

The FY04 2nd quarter Safety Training Schedule is available on the Safety Center Web site, <https://intranet.iwakuni.usmc.mil/StationSafety/Safety/>. Point of contact for class sign up contact Mr. Yoneda at yonedacl.jp@iwakuni.usmc.mil with attendee's name, rank and unit.

Student stings competition in geography bee

LANCE CL. DAVID REVERE
Combat Correspondent

The art of making porcelain was first perfected by the people of which ancient civilization? Questions like these were directed toward students at Matthew Perry Elementary School during the annual geography bee Jan. 9.

Geoffrey Fogle, a fifth-grade student, won the school-level competition of the National Geographic Bee and a chance at a \$25,000 college scholarship.

The school-level bee, at which students answered oral questions on geography, was the first round in the 16th annual competition. The bee was sponsored by the National Geographic Society and International Nederlanden Group Americas, one of the world's largest integrated financial services companies.

Locally, Amy Jecheva, Matthew Perry Elementary

School's gifted education teacher, organized the competition. "This program was started here to encourage enthusiasm and interest in learning about the world," she said. "It encourages students to explore countries and cultures beyond what they may currently know."

The kickoff for this year's bee was the week of Nov. 17, with thousands of schools around the United States and in the five U.S. territories participating. The Matthew Perry Elementary School winners, including Geoffrey, will now take a written test. Up to 100 of the top scorers in each state will be eligible to compete in their state bee April 2.

Here on the Station, other grades were invited to watch the competition in order inspire further interest. "The fact that all of the classes were invited to watch caused a lot of excitement," said Jecheva. "Next year, I hope to hold a geography club after school so that even more interested students can be studying year-round."

The National Geographic Society will provide an all-expenses-paid trip to Washington D.C. for state champions and teacher-escorts to participate in the national championship on May 25 and 26. The first-place national winner will receive a \$25,000 college scholarship and a lifetime membership in the Society.

"Each of the finalists should be proud because they represented their class as the person who knows the most about geography," said Jecheva. "They inspire other



Photos courtesy of Matthew C. Perry Elementary School

Geoffrey Fogle, a fifth-grade student at Matthew C. Perry Elementary School, was the winner of this year's geography bee.

students and are an example to them."

Anyone can brush up on geography with the GeoBee Challenge, an online geography quiz at www.nationalgeographic.com/geobee, which poses five new questions a day from previous bees.



Students from all classes were invited to attend the geography bee, held Jan. 9.

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over the language barrier, but it was very interesting and rewarding working with the Japanese."

Two weeks after VAQ-128 returned to MCAS Iwakuni from Guam they detached two jets to the frozen tundra of Misawa, Japan. Over the next two weeks, aircrew from VAQ-128 worked with F-16CJ aircrew in a simulated war. "Misawa was a great opportunity for us to work with our Air Force SEAD brethren," said Navy Lt. Albert 'Goose' Geis



Photo courtesy of VAQ-128

EA-6B Prowlers stream through the air over Guam.

ing in a new environment is always challenging, but provided us with some great

training." Lt. j.g. Christina 'ATIS' Laughlin expressed her appreciation to her superior by saying, "It was great to have the junior officers more involved in the planning of each large force exercise."

During the Misawa detachment, VAQ-128 sent a maintenance detachment from Iwakuni to Atsugi to facilitate a jet exchange with VAQ-136. VAQ-128

will leave four of their five Block 89A aircraft in Japan and return to the states with all four of the Gauntlet's Block 89 aircraft.

Throughout the detachment, VAQ-128 maintenance crews have done an outstanding job, working around the clock to keep the jets flying. "We definitely had our work cut out for us," remarked Chief Petty Officer J.J. Johnson. "Our maintenance crew definitely out did themselves during the last two weeks."

While the deployment to the Far East has been rich and rewarding, the men and women of the Fighting Phoenix team look forward to returning to Whidbey Island and the warm embrace of their families.

SQUADRON from Page 1

base camp at Penny Lake site enabled many of the squadron's additional capability sets to be tested, such as the provision of power, the production of potable water, the establishment of an active field mess, and the exercise of an active defense via a standing security force," said Killeen.

In the midst of the camp, several Marines gathered on Wednesday afternoon around a large, mobile power generator to train on its operation and maintenance.

"We enjoy providing power for the whole camp," said Sgt. Elmer Chavez, MWSS-171 utilities platoon electrician. "We get out of our normal environment and get everyone some training."

Chavez appreciated the opportunity to see how the squadron worked holistically. "Everything is related in a combat environment," he said. "It's important to see

where you fit in the big picture."

"This week MWSS-171 trained as a team and, as a result, when it comes time to execute, whether in additional training scenarios or in support of actual contingencies, they will be able to effectively operate together to accomplish the missions of defending, sustaining, and regenerating damaged airfields for MAG-12," said Killeen.

Pfc. Gary Wayneshtacer, 171' combat engineer, enjoyed being part of the repair team for an airfield crater. "This will teach me how to be more efficient in planning out the operations of what I have to do in the future," he said.

Besides practical training, the exercise proved to be a positive experience overall.

"I pretty much joined the Marines to go places and do things that I wouldn't be able to normally do," said Wayneshtacer. "This gets me out of the barracks and doing something I enjoy."

EXCHANGE from Page 1

years and be restricted to quarters for four months. If the incident was committed off Station the child will be restricted to the Station for one year as well. Their sponsor will also accompany them while they perform community service for the entire duration of the service.

"People really need to think about what there doing before they steal. Is a \$15 item really worth the consequences to you and your family?" asked Forti. "There are no second chances anymore and if you steal you are affecting you and your families ability to enjoy Japan what a great experience it is."

Cash, fun await Station residents

STORY AND PHOTOS BY
LANCE CL. DAVID REVERE
Combat Correspondent

At Marine Corps Community Services, a variety of opportunities awaits service members and civilians with every type of schedule and level of experience.

"If you're looking for something to do to kill time, you might as well be making some money while your having fun," said Doriann Gellar, MCCA marketing officer. "We are a fun place to work. We've got a lot of great, motivated managers and it is possible to actually enjoy working. Of course at the end of the day you've got a little more money in your pocket."

"What we're looking for is people that are



Norio Takase, employed with the maintenance department, builds a new shelf as part of the Seven-Day store expansion project.

energetic and want to serve their families and community," said Master Sgt. James Jackson, MCCA operations chief. "We want people to work not because they're forced to work, but because they want to. If you're interested in working and there's something you like to do, we probably have something out there for you," said Jackson.

Marines considering a career after the Corps may find opportunity here to gain valuable experience. "Aside from the fact that it gives you some pocket change, this gives you an opportunity to broaden your work base," said Gellar. "This might be something that you enjoy doing after the Marine Corps, and of course you can get experience on your resume."

According to Gellar, the opportunity is there for everyone, not just Marines. "We also like to encourage our family members that while they're here, this is a great way to keep they're skills sharp," she said. "We have many benefits for our full-time employees, including a 401k plan." "For the housewife who wants to put in a few hours while the kids are at school, we've got a position for you," said Jackson. "We've got something that fits everybody."

Job opportunities have exploded recently due to the vision of MCCA to expand and provide more services to residents.

"It has always been a challenge for us here at



Marine Corps Exchange Counter Manager Rashida Sparks takes pride in the cosmetics display in the center of the store.

Iwakuni to get enough people to work for us." Gellar said. "In the past two years, we have expanded services. Once we expand services, we need people to run those facilities. So our labor shortage is perhaps exacerbated as we try to provide more and better services to the community."

Gellar pointed out that having fewer workers to maintain the desired level of service not only affects the quality, but also drains employees and puts a strain on managers trying to provide the same level of service with fewer resources.

"An example might be if you go to the food court and there's not someone there right away to take your order," said Gellar. "We want to have someone standing by rather than have our customers have to call for someone. But we just simply don't have the people to man all those facilities. We don't want to close any of those facilities. In fact, we want to expand the food court."

Continuous expansion signifies that MCCA will always be hiring. "We have continuously open vacancies," said Gellar. "The exchange has vacancies for cashiers and sales clerks. Those are open all the time. They're not special postings - anything from a senior sales associate to food services workers."

"If you want an application, you can apply, usually on the spot, on the second deck of the Crossroads Mall in the personnel office," said Gellar.



Angelica Claudio, Marine Corps Exchange senior sales associate, assists a customer from the service desk.

Voting made possible for American citizens in Iwakuni

LANCE CL. DAVID REVERE
Combat Correspondent

"The right to vote is one of our most important civil liberties," said Maj. Gen. Stephen T. Johnson, Marine Corps senior service voting representative. "Moreover, for Americans, voting is an obligation that accompanies and protects the freedoms we enjoy."

For overseas citizens, the right to vote is accommodated by the Uniformed and Overseas Citizens Absentee Voting Act, although the procedures and deadlines to vote absentee vary from state to state.

According to Maj. Stewart, the Station's voting assistance officer, the first step in the absentee voting

process is to pick up a federal post card application from a voting assistance officer. All states and territories accept the FPCA as an application for registration and absentee ballot.

Specific information on applying for absentee registration and a ballot for each state is contained in the Voting Assistance Guide. Each installation's VAO has a copy of the guide to assist citizens in completing their FPCA.

According to the Federal Voting Assistance Program Web site, election officials should receive the FPCA at least forty-five days before election day to allow ample time to process the request and mail the ballot.

The Federal Voting Assistance

Program recommends submitting the FPCA in January of each year.

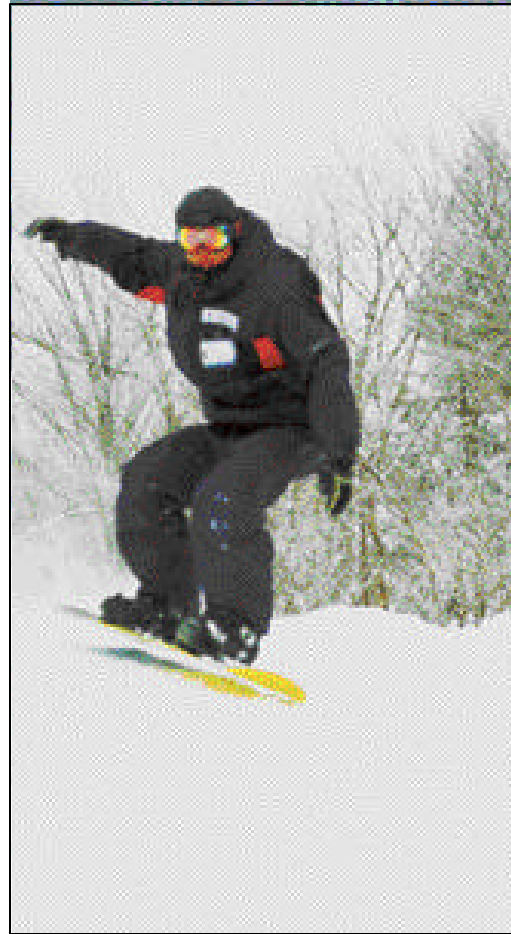
If a citizen sends out the FPCA within the deadlines for elections and does not receive a ballot from their local election official, they can visit their VAO to receive a Federal Write-In Absentee Ballot. That ballot can be returned to the local election official to meet the state or territorial deadline for counting.

The FVAP Web site, <http://www.fvap.gov/index.html>, is home to a variety of information about voting and elections. The Web site contains general information on absentee voting, including a list of frequently asked questions.

It also contains an on-line version of the FPCA, which is accepted by

almost every state. All FVAP publications can be found on the site, as well as links to state election sites.

Station residents can contact their VAOs through their individual units. Headquarters and Headquarters Squadron, Sgt. Rebekah Raner, 253-5149; Marine Aircraft Group 12, 1st Lt. Jose Hernandez, 253-6997; Marine Aviation Logistics Squadron 12, Capt. Kevin Doherty, 253-5270; Marine Fighter Attack Squadron 212, Capt. Donald Nolan, 253-4079; Combat Service Support Division 36, Chief Warrant Officer James Kemp, 253-6059; Marine Wing Support Squadron 171, Staff Sgt. Danilo Palma, 253-3614; Branch Medical Clinic, Petty Officer 3rd class Carlo Casares, 253-6577.



People snowboard by themselves and still enjoy themselves like Michael Walker.



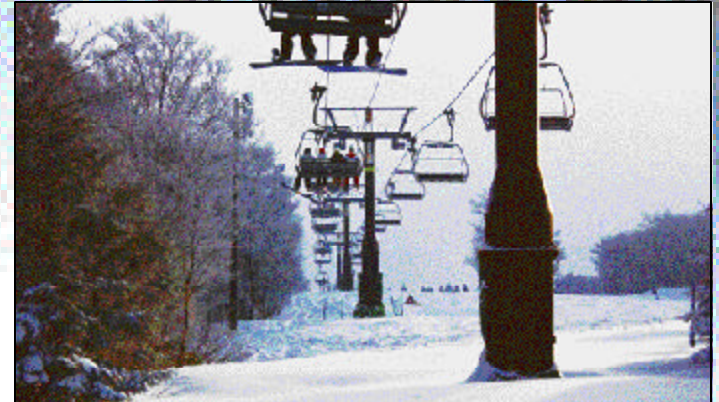
A skier hits a jump and gets some air during a run on the Black Diamond Jan. 19.



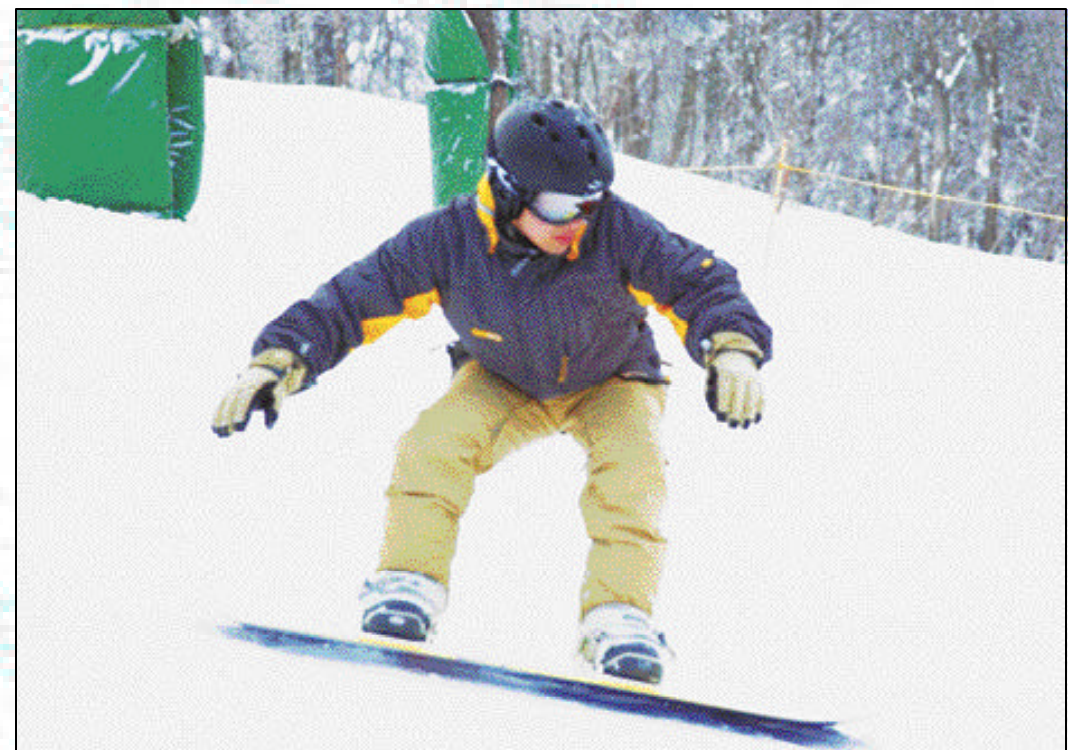
A trio of friends race down on snowboards in a friendly competition. The three friends are experienced snowboarders who frequently visit Mizuho Highland mountain and snow resort.



Hiroshi Tanaka gets big air off a ramp made of snow at the Highland mountainside.



The ski lift travels throughout the Highland mountainside taking snowboarders and skiers to different parts of the resort.



16-year-old Shin Yamamoto carves down a rough, icy part of the Valley mountainside.

Mizuho Highland adventure for all

STORY AND PHOTOS BY
LANCE CL. RUBEN D. CALDERON
Combat Correspondent

"Are you ready?"
"Yes, father."
"Here we go. One, two, three."
These are words from a dialogue between Takeo Yoshida, 42, and his youngest daughter, Kimiko, 7, moments before she ventures on her own down an icy mountainside.
Kimiko, without any fear in her eyes, slides down the snowy mountain on skis. Ten yards down, she falls, which cause icicles from the ground to dance above her.
For a brief second or two there is silence. Yoshida has a blank look on his face, but does not seem worried about his daughter.
Kimiko rises from the white blanket that surrounds her and erupts in laughter.
Yoshida, along with his wife, Yuriko, hover over to their daughter and brush off the snow she is covered in. Kimiko continues to laugh.
This is one of the many events that

occur at Mizuho Highland Mountain and snow resort in the Shimane Prefecture.
Thousands of people from different prefectures around travel to the resort for skiing and snowboarding.
The resort offers two different landscapes to snowboard and ski.
One is the Highland side, which offers three different courses for all levels of experience. Downhill slopes, a 50-yard half-pipe course, rails to grind on, and a race circuit are a few of the many attractions at the Highland side.
Five dining facilities are also available at the Highland.
The other part of the resort, the Valley side, offers more of a brush-up course for snowboarders and skiers. But it is also for inexperienced riders as well.
It offers five eating establishments. Ski lifts travel throughout the mountain going from the smallest peak, 492 meters, to the highest point of 1,212 meters.
"Mizuho Highland is located two to three hours from Iwakuni," said Bobby Dillard, IronWorks Gym recreation director.

To get to the resort from Marine Corps Air Station Iwakuni take Sanyo Expressway northbound to Hiroshima Junction. Take the Hiroshima Kita Junction. Proceed to Chugoku Expressway. At Chiyoda Junction, take the Hamada Expressway. Exit Mizuho I.C.
Make an immediate right and 10 minutes later you will be at the resort.
The hours of operations for Mizuho Highland Mountain and Snow Resort are Monday through Friday 8 a.m. to 5 p.m. Saturdays, Sundays and holidays, from 7 a.m. to 5 p.m.
Night skiing and all night skiing is available from 5:30 p.m. to 10 p.m. and 10:30 p.m. to 5 a.m. the next day.
Due to accidents, Mizuho Highland offers ski insurance for 200 yen. The insurance covers up to \$250,000 in case of any accident. When buying insurance the person must directly ask for it.
The price for a day pass is 5,500 yen for adults and 3,900 yen for children. Afternoon passes are 4,200 for adults and 3,000 for children.

Night passes and all night passes are 3,500 and 4,800 yen for adults, and 3,000 and 3,800 yen for children.
The passes offer a day, or night, of pure joy said Yoshida, avid skier.
"We come every two weeks in the times of winter," said Yoshida of him and his family.
"I barely started teaching Kimiko how to ski a month ago. She's getting the hang of it and is really enjoying herself," added Yoshida.
Several families come to the resort as well as groups of friends of all ages.
"We come here all the time," said Hiroshi Tanaka. Tanaka, along with five friends from school, always comes to Mizuho from Osaka because it is their favorite place to snowboard.
"This place has something for everybody. My girlfriend doesn't know how to snowboard that good so we go to the Highland side and that's where I show her some moves," Tanaka said.
Whether you are an experienced skier or an average snowboarder Mizuho Highland offers the best of both worlds, added Tanaka.

Try your hand at chopsticks

Adapting to the Japanese style of eating can be done by learning four easy steps

COMPILED BY
Torii Teller Staff

Culture shock is an unavoidable part of moving to a foreign country. There are many things that newcomers will have to adapt to while being stationed in Japan. One of which is eating in a Japanese restaurant.

Frustrated diners may think to themselves, "Forget this - where's a knife and fork?" This is where the adapting comes in - using chopsticks.

There are two different types of chopsticks, both which can be used in the same way. "Waribashi," are the plain disposable chopsticks found in most inexpensive restaurants. "Hashi," are the more expensive decorated version of chopsticks.

Using either type of chopsticks can be a challenge, but following a few easy steps can make a Japanese dining experience a whole lot easier.

The first step is to cradle a single chopstick in the "V" part of your hand, between the thumb and forefinger. Hold this chopstick between the crook and the finger next to the pinky finger.

The upper chopstick is held like a pencil, using the thumb and first two fingers. The tips of the chopsticks are used to pick up the food by opening and closing the chopsticks using the first two

fingers to manipulate the movement.

When using chopsticks properly, there are a few customs that also need to be learned.

First, you should never stand your chopsticks upright in a meal. This originates from a Japanese custom in which a bowl of rice is set out with chopsticks standing upright for the deceased. Also,

First, you should never stand your chopsticks upright in a meal. Also, never pass food from chopsticks to chopsticks.

never pass food from chopsticks to chopsticks - this is only done at funerals where people are cremated. Family members using chopsticks pass the deceased bones from one another and place them into an urn.

Between each bite, chopsticks can be set down, however here too there is a proper way: place the chopsticks together and place the food end of the chopsticks on the edge of the plate of food and rest the bottom edges on the table.

Also, keep the paper wrapper the chopsticks come in to put them back in when finished with the meal. If the wrapper is lost or destroyed, place the chopsticks to the right of the plate or below it.

Once you've learned both the etiquette and how to use chopsticks, eating in Japan can become much easier. So while enjoying the local cuisine, try your hand at chopsticks.



❶ The lower stick goes in the "V" between the thumb and forefinger.

❷ The upper stick is held by the thumb and first two fingers.

❸ Sticks should extend 1/3 above the hand, 2/3 below with the ends even.

❹ Sticks are opened and closed by moving the first two fingers.



OUT THE GATE

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

Otake Sunday Market With Oyster Festival

A market is scheduled Sunday, 10 a.m. to 3 p.m. at Harumi Daiichi Park, next to You Me Town Otake. Approximately 100 booths selling local products such as fresh vegetables, fish, and more. The Oyster Festival is held with this market, offering free cooked sample oysters

as well as products on sale. Call 53-7175 for more information on the market and 57-7034 on the oyster festival.

Yes Yoko Ono

There will be an exhibition of artwork by Yoko Ono Tuesday to March 28, 10 a.m. to 5 p.m. at Hiroshima City Museum of Contemporary Art. It closes Monday. Admission fee is required. For more information call 082-264-1121.

Exhibition Of Japanese Traditional Art Crafts

This exhibition is held through

Feb. 8, 9 a.m. to 5 p.m., at Hiroshima Prefectural Art Museum. It closes on Monday. More than 300 pieces of ceramics, textile, lacquer ware, bamboo crafts and dolls are displayed. Admission fee is required. Call 082-221-6246 for details.

Folk Arts From Yi-cho

An exhibition of folk crafts from Yi-dynasty in Korea and Mingei folk crafts will take place at Hiroshima Museum of Art until Feb. 15, 9 a.m. to 5 p.m. Approximately 150 pieces of arts are displayed. Admission fee is required. Call 082-223-2530 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

Honda Ascot Innova, 1992, 4 door, great condition, very clean, A/C, P/W, P/L, AM/FM/cassette/CD, JCI until Aug. 2005, \$2,500 obo. Call GySgt. Plattmier at 253-4074 dwh or 21-7934awh.

OTHER ITEMS

Misc., excersaucer; baby swing, battery operated; baby clothes; baby accessories. Call Natasha Idland at 253-7524.

MISC.

wooden rocking chair with cushion and step stool, excellent condition, \$65; Peg Perego single stroller, only used for one year, new retails for \$200 or more, \$50;

baby bassinet and other misc. baby items. Call Heidi Hayes at 253-2202.

Misc., Graco Breeze stroller car seat combo, \$30; baby boy clothes, sizes 6-12 months. Call Rita at 253-2662.

WANTED

Tutor needed for school age children to help in math. Call Ashcraft at 253-2692.

JOB OPENINGS

Central Texas College
Central Texas College is looking for a part time Criminal Justice government instructor. MA is required. For further information or application, call

Jennifer Walker at 253-3431 or stop by Building 411 Room 109.

CHRO (253-6828)
MCCS:
-Child Development Program Administrator
-Supervisory Education Services Specialist
-Career Resource Program Manager

Facilities:
-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

-Operation Assistant, civilian only
-Recreation Assistant, civilian only
-Recreation Assistant

-Public Relations Specialist, civilian only
-Accounting Technician, civilian only
-Contract Specialist, civilian only

-Equipment Inventory Assistant, civilian only
-Maintenance Supply Technician, civilian only

Continuously Open Jobs

Retail Branch:
-Senior Sales Associate
-Retail Operations Assistant
-Sales Clerk

-Store Worker
-Laborer
-Food Service Worker
Food & Hospitality:
-Club Operations Assistant

-ID Checker
-Waiter/Waitress
-Food Service Worker

Services Branch:
-Retail Operations Assistant

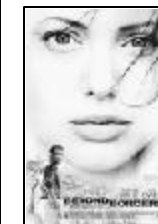
Athletics Branch:
-Recreation Operations Assistant
-Recreation Assistant
-Recreation Attendant
-Lifeguard

Wanted: Valentine's Day surprise!

Have a picture of you and your sweetheart? Send it to the Torii Teller with a brief message and it will run in the special Valentine's Day edition Feb. 13th.

Deadlines for submissions will be Feb 6. All submissions must be tasteful in nature. Send your sweetheart a valentine to remember.

SAKURA THEATER



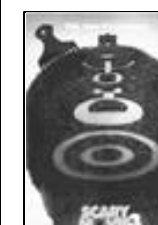
BEYOND BORDERS

Angelina Jolie stars as Sarah Jordan, a sheltered American socialite living in London. When she meets Nick Callahan (Clive Owen) a renegade doctor, his commitment to humanitarian efforts in war-torn nations moves her deeply. Driven by her passion for Nick and his life's work, Sarah risks everything to embark on a perilous journey that leads to the volatile far corners of the earth (127 minutes).



GOTHIKA

A criminal psychologist awakens to find herself a patient in the very same mental institution in which she works, with no memory of the murder of her husband that she's accused of committing. As she tries to regain her memory and convince her coworkers of her innocence, a vengeful spirit uses her as an earthly pawn... which only further convinces all involved of both her guilt and her increasingly steady descent into madness and delusion (95 minutes).



SCARY MOVIE 3

The Scary Movie gang is back for the third installment in this spoof series, but they are no longer content to stick to the horror genre. Everything from "Lord of the Rings" to "8 Mile" is up for skewing (90 minutes).

FRIDAY

7 p.m. Something's Gotta Give (PG-13)
10 p.m. Scary Movie 3 (PG-13)

SATURDAY

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

SUNDAY

4 p.m. Dr. Seuss' The Cat In The Hat (PG)
7 p.m. Radio (PG)

MONDAY

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

TUESDAY

7 p.m. Beyond Borders (R)

WEDNESDAY

7 p.m. Gothika (R)

THURSDAY

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

COMMUNITY BRIEFS

EDUCATION

Test Schedule
Tuesdays/Fridays - CLEP, DSST
Monday - EDPT, DLAB
Wednesday - DLPT
Thursday - AFCT
 For more information call 253-3855.

HEALTHCARE

Anger Management Group
 Every Wednesday until March 17, 11:30 a.m. to 12:30 p.m. This will be an eight-week anger management process group. Anyone who desires a better understanding of their own anger and how to effectively handle it is invited. The group will involve information, discussion and activities as well as out-of-group projects. Safe conversation and confidentiality will be a priority. Ideally 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
■ Introduction To Supervision: Feb. 9-12, 8 a.m. to 4 p.m.
■ Mentoring Skills: Feb. 13, 8 a.m. to 4 p.m.
■ EBIS/My Pay/TSP: Feb. 17, 1:30-3:30 p.m. (This training will be provided at Building 360, the Distance Learning Center.)
■ Survival Skills For Military/Civilian Supervisors: Feb. 18, 8 a.m. to 4:30 p.m.
■ Family Member Local Employment Orientation: Feb. 25, 8-9 a.m.
■ RESUMIX: Feb. 25, 9:30-10:30 a.m.
■ Outbound Family Member Priority Placement Program Brief: Feb. 25, 11 a.m. to 12 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 Building 1, Room 102, CHRO training room except EBIS/

MyPay/TSP.

MCCS

CRMC Classes (253-6439)
■ Employment Overview: Tuesday, 1-2:30 p.m.
■ DoD Federal Employment: Thursday, 1-3 p.m.
Club Iwakuni (253-4143)
■ 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.
■ Don't Miss The Boat: Now through Feb. 14, Club Iwakuni members receive one chance to win a Caribbean cruise for two, including airfare and luggage, for each meal purchase in the dining rooms or ballroom. The winning entry will be drawn at the Valentine's Dinner, Feb. 14. Ask Club Iwakuni servers for details.

MCX (253-5641)
■ Super Bowl Promotion: Stop by the MCX for your Super Bowl Party needs.

Teen Center (253-6454)
■ Passport to Manhood: Sunday, 5-7 p.m. Young men enjoy food and plenty of fun with good friends.
■ Job Ready Session "Filing Out A Job Application":

Wednesday, 3-5 p.m.

Single Marine Program (253-4656)

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

Grocery Shopping Tour
 Wednesday, 1-3 p.m. Call 253-6165 for more information.

Bookstore

January is National Hobby Month. Join us at the Crossroads Mall bookstore and browse our selection of books. Enter to win a \$25 bookstore coupon. Call 253-5849 for more information.

"Drawing On The Strengths Of The Military Family" Art Contest

In honor of the "Month of the Military Child" (April), Marine Corps Family Team Building is sponsoring its' third annual art contest. The age categories are as follows:

- Category 1 0-4 years
- Category 2 5-8 years
- Category 3 9-12 years
- Category 4 13-18 years

The grand prize winner will receive an IT&T trip for four to Universal Studios Japan and their winning entry will grace the cover of the April 2004 Preview Magazine. Prizes will also be awarded to the 1st, 2nd and 3rd place winner in each age category. Dependents of SOFA sponsored personnel ages 0-18 are eligible to enter. All entries

must be received by Feb. 13, 4 p.m. in the office of M.C.F.T.B., Building 1104, Yujo Hall. All entries must be two dimensional, measuring 8.25" x 9.25", portrait orientation. Only one entry per person will be accepted. For any assistance or questions, contact the M.C.F.T.B. Team of Captain Mark Allen or Cammie Wolfe at 253-3754.

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 more information call Lt. Gelder at 253-3331 or Chief Petty Officer Olaes at 253-5252

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>



Lance Cpl. David Revere

2004 Preseason Volleyball Champs

The Dragons from Combat Service Support Squadron 36 made a strong statement during the 2004 preseason tournament, winning the event and suffering only one loss. In the picture, Dale Houck is presented with the team trophy by coach Armando Lozano. All members of the team received individual trophies in recognition of this achievement. Pictured left to right: Patrick Woehlk, William Woolsey, Stephen Mahon, Houck, Lozano, Craig Petersen, Michael Johnson, Herber Flores and Joshua Trevizo. Team members not pictured: Erica Coggins, Frazier Evans, Daniel Sawyer, and Miguel Campos.

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 divorce services, religious education or the Command Religious Program, call the Station Chapel at 253-5218.

Team Tsunami dives into competition

LANCE CPL. DAVID REVERE
 Combat Correspondent

Team Tsunami, the Station's 6-15 year-old coed swim team put their heart into Sunday's performance at the Hiraki youth swim meet.

Competing against seven other Japanese teams, the swimmers came away with a first-place award for best team.

Races were held for a variety of distances and age divisions. Athletes competed in butterfly, backstroke, breaststroke and freestyle events.

"It was our first time winning," said team member Samantha Dignazio. "It was very special for us."

"I had two swimmers break course records for their grade divisions," said head coach Amber Craven. "Six-year-old Sabrina Dahl broke the record for the 25-meter back stroke, the 25-meter freestyle and the 50-meter freestyle. Sarina Case, 7, took the 25-meter back stroke and 100-meter freestyle record."

Case also went home with the meet's most valuable swimmer award.

The athletes spent numerous hours in practice, applying a champion's devotion to their sport.

According to Craven, the swimmers practice one-and-a-half hours,

three times a week. The conditioning clearly paid off.

"All my kids placed from first to third place," said Craven. "I was so excited. I am proud of all of them."

"They really made us feel appreciated," said team member Alexandra Reynolds. "There were officials that got up and said that they were grateful we came."

More than an athletic event, the team experienced swimming competition the Japanese way.

"The rules are different in some ways," said Craven. "For instance, everyone bowed before entering the pool."

Craven recalled with a laugh the way each event started. "We are used to the usual, 'swimmers take your marks... go,' but before they start an event, an official yells, 'Ahhhh' and shoots a gun!"

A jolt of adrenaline might have



Lance Cpl. David Revere

Devon Mastria demonstrates flawless form on a dive into the IronWorks Gym pool. The athletes practice at the pool approximately four and a half hours a week.

been a productive start for these young athletes, but it was old-fashioned discipline, which elevated their performance to excellence.

"There wasn't one swimmer that didn't improve on their time," said Craven.



Lance Cpl. David Revere

Kathleen Ashley Perry comes up for air during a butterfly lap. Perry and her teammates had exemplary performances at Sunday's competition with first through third-place finishes.



Photo courtesy of Team Tsunami

Team Tsunami was well matched in all of Sunday's races, but ultimately triumphed with a first place finish.

IWAKUNI SPORTS SCENE

CLIMB THE WALL TREADWALL ORIENTATION

Feb. 7, 9-10:30 a.m. in the IronWorks Gym Cardio Room. Challenge the climbing wall under expert guidance. The Station personnel and family members age 16 and older sign up for free at the IronWorks Gym front desk before Feb. 5. For more information call 253-5051.

GEAR ISSUE

Open weekdays from 10 a.m. to 6 p.m. and weekends from 10 a.m. to 4 p.m., supplying free recreational, ski, snowboard and camping equipment.

RUN FOR YOUR HEART

Feb. 6, 11 a.m. The Station personnel and family members run 5 kilometers on the seawall. Sign up for free before Monday at the

IronWorks Gym front desk. Call 253-5051 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 Wednesday at the IronWorks Gym front desk for \$5. Call 253-6359 for details.

FAR EAST CHAMPIONSHIP KARATE TOURNAMENT

March 27, 8 a.m. Open to the Station personnel, family members and local Japanese residents, age 5 and up. Children age 5-15 sign up for \$10, all others for \$25 at the IronWorks Gym front desk. Special guest appearance by Howards Jackson, World Champion and current training partner of Chuck Norris.

Aikido brings new life to martial arts dojo

STORY AND PHOTOS BY
LANCE CR. DAVID REVERE
Combat Correspondent

"Those who are skilled in combat do not become angered, and those who are skilled at winning do not become afraid," said the famous philosopher, Zhuge Liang. "Thus, the wise win before they fight, while the ignorant fight to win."

The Japanese martial art, aikido, could be represented in those words. Aikido focuses not on mindlessly punching or kicking opponents, but rather on using their own energy to gain control of them or to throw them away.

Offered by Marine Corps Community Services, the new aikido class is held every Tuesday and Thursday from 8:30-9:30 p.m. in the IronWorks Gym Dojo room.

According to Vincent Midgley, a student and an organizer of the new class, the goal of Aikido is not the defeat of others, but the defeat of the negative characteristics which inhabit one's own mind and inhibit its functioning.

"In simpler terms, one of the things that make aikido fun and unique is that it is self-paced and you are not in competition with anyone," said Midgley. "Aikido teachings also help us understand that there are many different types of people, so there are many different types of aikidoka (aikido practitioners). By training cooperatively, even potentially lethal techniques can be practiced without substantial risk. This type of cooperative training also allows for people of all ages, sizes and shapes to enjoy the benefits of a healthier mind, body and spirit through aikido."

One of the students, Rohan M. Crawley, is also a student of the Marine Corps Martial Arts Program, judo and jujitsu. "I've seen basic concepts from all three," said Crawley of his aikido training. "I'm here to learn something new while developing myself further as a martial artist."

Aikido has plenty of new techniques that separate it from other forms of self-defense.

"Aikido is unique from most other martial arts in so many ways," said Crawley. "While martial arts like tae kwon do and judo are more competitive and arts like te tse bu kan and ju jitsu are more lethal and combative, aikido is simply effective. Rather than stressing how good you look as in competition, or how hard and fast you can strike, aikido focuses on technique."

The student's instructor is addressed as Sensai, literally meaning, "One who has gone before." The Sensei is well experienced in body control and manipulation.

"Even when we think we've got the technique right, Sato Sensei comes by and shows us that there is still some little thing that we are either doing wrong or could do better," said Crawley of his instructor.

As a balance to the exacting exercise, aikido emphasizes peace and mental balance. In fact, the literal translation of aikido is, "the way of harmony of the spirit."

"As a Marine, I'm a little high-strung," said Crawley. "Strangely, aikido relaxes me a great deal."

"There is a term commonly used by aikidoka, 'aikido for life,' which has many interpretations," said Midgley. "What it means to me is that aikido is not something that one can learn and then move on, it is something that a person incorporates into their life."



Using student Vincent Midgley's own momentum, Susumu Sato effortlessly throws him to the floor.



With arm bars like this one, Susumu Sato can completely control his opponent's movement.



Susumu Sato demonstrates joint manipulation on Rohan Crawley.

Station residents and family members age four and up may attend the class for \$30 each month. For more information, call Charla Truesdale at 253-5051.