

## Renter's insurance secures assets

LANCE CL. DAVID REVERE  
Combat Correspondent

The Station Housing Office is recommending all residents of the community in military family or bachelor housing purchase a renter's insurance policy covering damage, loss or liability that could occur while residing in Iwakuni.

According to Suzan Kear, Station Housing officer, there have been several incidents recently that resulted in major financial loss to residents for damages while residing in community housing. These types of losses have created an extraordinary financial burden on the residents and families that could have been avoided had a renter's insurance policy been in place.

Kear said that most landlords insure their property against damage for earthquakes, fires and floods. However, personal belongings are the owner's responsibility. Many insurance companies will help with a content evaluation to give an estimate of how much coverage is sufficient for the individual's family and home.

"Some service members may

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## Units claw into Cope Tiger

STAFF SGT. BRENDA L. VARNADORE  
Combat Correspondent

**KORAT ROYAL THAI AIR FORCE BASE, Thailand**—Various units from Marine Corps Air Station Iwakuni began arriving here to participate in Exercise Cope Tiger, Feb. 10.

Marines from Marine Aircraft Group 12, Marine Aviation Logistics Squadron 12, Marine Wing Support Squadron 171, Marine Air Control Squadron 4, Marine Fighter Attack Squadron 251 and Marine Tactical Electronic Warfare Squadron 4 will be participating in the annual exercise which affords Marines the opportunity to train with pilots from the Royal Thai Air Force and the Republic of Singapore Air Force.

Cope Tiger, which began Feb. 17, is a multilateral training exercise hosted by the RTAF. The training is a tool to foster inter-service and international relations, said Maj. William D. Shannon, MAG-12 detachment officer-in-charge. It also allows Marines from Iwakuni to strengthen bonds between the governments of the United States, Singapore and Thailand.

"During the training, the main goal will be to develop our aviation skills," said Shannon. "Also, to gain training valuable for us to perform against other countries' armed forces."

The actual exercise will be conducted until Feb. 28. Marines from the various units are excited to have the opportunity to train with the service members of Thailand and Singapore.

"I am glad to have the opportunity to represent the Marine Corps with air traffic control during this exercise," said Gunnery Sgt. Daniel F. Karakas, MACS-4 air traffic control tower liaison. "Thailand is a beautiful country with friendly people."



Staff Sgt. Brenda L. Varnadore

**Maj. Shane Conrad, Marine Tactical Electronic Warfare Squadron 4 pilot, receives a warm welcome as he arrives in Thailand Feb. 11, as a participant in Exercise Cope Tiger 2004.**

Karakas, a Westchester, Pa. native, said he enjoys speaking with the Thai service members and learning their "way of business."

"Korat is an excellent place for training," he said. "The Thai have a totally different way of dealing with air traffic control. We get to learn from them and they learn from us. If you keep an open mind, you realize that we all have the same mission and sometimes easier ways of doing things."




During the exercise, service members will be afforded the opportunity to visit Bangkok, shrines, enjoy various Thai cuisines and a Thai kickboxing match courtesy of the Single Marine Program. The chaplain is also offering a prayer group nightly to provide service members other alternatives for their freetime.

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[www.iwakuni.usmc.mil](http://www.iwakuni.usmc.mil)

## TRICARE Online offers internet gateway

GUNNERY SGT. M.A. ZEID  
Combat Correspondent

A new TRICARE service has just begun for Iwakuni residents. The new service hopes to better suit the busy schedules of service members serving abroad.

For many people, making appointments and updating medical records are difficult due to work schedules, wrong information or poor memories. However, thanks to TRICARE Online, routine health care has become easier.

According to William Charron, TRICARE Pacific marketing representative, TRICARE Online is the latest development in providing access to medical care and information to service members and their families.

"TRICARE Online.com is a new Internet 'gateway' to interactive services and information on any computer — even

when you are moving, traveling or away from home on temporary assignment," stated Charron.

For people in Iwakuni, the service offers TRICARE Prime members the opportunities to schedule appointments, refill prescriptions and receive e-mail reminders of their appointments, explained Petty Officer 1st Class Gloria Villaroman, Branch Medical Clinic patient administration department head. Villaroman pointed out this service is limited to active duty personnel and their family members here in Iwakuni.

Retirees using TRICARE Standard will still have to call in for appointments. She also explained that the system was very useful for routine medical procedures such as physicals, pap smears and baby checks.

However, since only 40 percent of a doctor's appointments are allocated to the system, it would be better to call the

Branch Medical Clinic directly for any serious medical problems.

In addition, the site provides links to several other health-related sites to help people find information on prescription drugs and their side effects or check the symptoms of a particular illness.

Other sites include women's, men's, children's health; aging and health; food, nutrition and dieting information; sports and fitness; mental health; sexuality; and many more.

A quick tour through the Web site and one realizes it is a great resource for learning about medical problems, procedures and treatments. TRICARE Online claims to have access to 18 millions pages of health information. Another service offered is a personal medical journal where people can record their

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Torii Teller

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# A report from down under

CHAPLAIN S. S. BROWN  
Letter to the Editor

**ROYAL AUSTRALIAN AIR FORCE BASE TOWNSVILLE, Australia** — What comes to mind when you hear the word, "deployment"? Perhaps you remember faraway places visited, exotic sights seen and intriguing people met. If any of you fine members of the *Torii Teller* reading audience think of another word, "COMREL" (short for "community relations project), please let me know!

As a participant in Southern Frontier, here at the Royal Australian Air Force Base in beautiful Townsville, Queensland, Australia, I can say for certain from now on, when I hear people speak of deployments, I'll remember the best COMREL in which I've ever had the privilege of participating.

Feb. 6, the staff and residents of the Cleveland Youth Detention Centre in suburban Belgian Gardens welcomed Marines and Sailors from Marine Aircraft Group 12, Marine Wing Support Squadron 171, and Marine Aerial Refueler Transport Squadron 152. The Centre's youth and staff hosted us to games of basketball, soccer, introductory lessons in "footie" (of the rugby variety), and refreshments.

Some of us Yanks had a tour of the facility, which featured an impromptu exhibit of the youth's artwork. Since a good number of the residents are members of Aboriginal and Torres Strait Islander ethnic groups, this served as a great opportunity for expanding our multi-cultural horizons. I am no art connoisseur by any stretch of the imagination. Still, the beautiful paintings and crafts created by the young men of the centre had an incredible power to move even a Philistine like myself. I know that many in our cohort had a similar reaction.

By far, however, the best part of the whole visit was the time our Marines (and lone Sailor) spent talking with the young men at the centre. The youth eagerly shared their experiences with us. We, edified by their openness and

warmth, responded in kind.

During our visit, the staff at the Cleveland Youth Detention Centre informed me that the youth warmed up to our Marines, and Sailor, quicker than any other visiting group. Three days later, the staff is still raving about the COMREL; first thing that morning I received a call from the centre's program director, Sue Bailey, inviting us for a return visit next time we're in Townsville!

Participants in our visit included, from VMGR-152: Sgt Kristina R. Baldwin, Cpl Candee A. Shumaker, LCpl Shawn P. Debell; from MWSS-171: LCpl William J. Hendershott and our driver, Cpl Levi I. Leshar; from MAG-12, Cpl Patrick D. Gilmore, Cpl Ruben Macias, and RPSN Josh Sirek.

The Cleveland Youth Detention Centre, opened in 1980, recently underwent a major refurbishment. It currently houses about 30 youths between the ages of 11 and 17, all from the northern part of Queensland. Administered by departments for youth and family services (as opposed to the department of justice) this facility places a strong emphasis on rehabilitation.

As such, the environment at the centre is much like that of a boarding school, albeit with an appropriate disciplinary component. Staff members are teachers and mentors who nurture the gifts and talents of the youth. The centre strives to equip its residents with tools and life skills (including cooking classes!) that will enable the youth to live happy, fruitful lives upon their return to their communities. While the Marines and Sailors here at Southern Frontier have been working hard, it's probably safe to say that most of us have experienced the friendly hospitality of the Queenslanders.

Hopefully, our recent visit to the centre allowed us to repay, in some small measure, the warm welcome we've received from our Australian hosts. And if you ever get a chance to deploy to Townsville, please be sure to look up the folks at the Cleveland Youth Detention Centre. I know they'll be happy to see you!

# What am I watching on television?

GUNNERY SGT. SAL CARDELLA  
Letter to the Editor

Remember the first time you prepared for an overseas tour (Hawaii doesn't count)?

Some of you heard of AFN (American Forces Network) and many remember FEN (Far East Network). You may have heard rumors about only one channel in English, which was true not too long ago.

All you have to do is plug into a cable outlet aboard the Station and presto, 43 cable channels are yours to view. They're not all in English. Well, we are in Japan. But you may have thought AFN only provides the same type of programming available in the states. You're right.

Channels 7-14 are AFN. So where did we get an extra 35 stations? All the credit goes to the folks at S-6 Land Mobile Radio/Cable TV. Without them we would have only one AFN channel, AFN Pacific on channel 66, and anything else your television could grab out of the air.

Simply put, LMR/CATV grabs the signals for you and sends them through cable. Many of the extra

stations we receive are whatever satellite signals are available and strong enough to grab.

Other signals are bought and paid for by the Air Station — Star Movies, Star World, Nickelodeon, Discovery and National Geographic — at the cost of more than 100 thousand dollars a year — a gift from the command to the residents. Let me say that again, bought and paid for by the Station.

Anyone off-base with Direct-to-Home satellite service will only get the AFN signal directly from California. That's why they won't get the local commercials. But, be patient, even that will change.

It's not the hundreds of channels you may be used to back home. It's not all in a language you may understand, yet if you've noticed, some of the Asian channels broadcast American movies in English. There are times when atmospheric or weather conditions wreak havoc on weaker signals.

The programs you do get may not be the ones you really wanted or air at a time convenient for you. Yes, it can be frustrating, yet think about how much it's costing you.

You could be one of the residents

# DoD creates medal for Korean Vets

DEPARTMENT OF DEFENSE  
Press Release

**WASHINGTON** — The Defense Department announced today the creation of the Korean Defense Service Medal (KDSM).

The KDSM is a service medal to give special recognition for the sacrifices and contributions made by members of the U.S. armed forces who have served or are serving in the Republic of Korea.

Public Law 107-314 legislated the creation of a new medal to recognize military service in the Republic of Korea and the surrounding waters.

Members of the armed forces authorized to wear the KDSM must have served in support of the defense of the Republic of Korea.

The area of eligibility encompasses all land area of the Republic of Korea, and the contiguous water out to 12 nautical miles, and all air spaces above

the land and water areas.

The KDSM period of eligibility is July 28, 1954, to a future date to be determined by the secretary of defense.

Service members must have been assigned, attached, or mobilized to units operating in the area of eligibility and have been physically deployed in the area of eligibility for 30 consecutive or 60 nonconsecutive days or meet one of the following criteria: be engaged in actual combat during an armed engagement, regardless of the time in the area of eligibility. Is wounded or injured in the line of duty and requires medical evacuation from the area of eligibility.

While participating as a regularly assigned air crewmember flying sorties



into, out of, within, or over the area of eligibility in support of military operations. Each day that one or more sorties are flown in accordance with these criteria shall count as one day toward the 30 or 60-day requirement.

Personnel who serve in operations and exercises conducted in the area of eligibility are considered eligible for the award as long as the basic time criteria is met.

Due to the extensive time period for KDSM eligibility, the nonconsecutive service period for

eligibility remains cumulative throughout the entire period.

The KDSM may be awarded posthumously, and only one award of the KDSM is authorized for any individual.

Each military department will prescribe appropriate regulations for administrative processing, awarding and wearing of the KDSM and ribbon for their service members, to include application procedures for veterans, retirees, and next-of-kin.

More than 40,000 members of the U.S. Armed Forces have served in the Republic of Korea or the waters adjacent thereto each year since the signing of the cease-fire agreement in July 1953, which established the Demilitarized Zone.

For more than 50 years, U.S. Armed Forces' efforts to deter and defend the Korean Peninsula have helped maintain democracy and preserve the indomitable spirit of freedom.

# Apprenticeship program offers life of opportunity

LANCE Cpl. DAVID REVERE  
Combat Correspondent

Service members can acquire the necessary skills and certification for a trade in the civilian workforce with the United Services Military Apprenticeship Program.

From auto mechanic to graphic designer, the program assists personnel in a variety of military occupational specialties for the development of career skills.

"In just about any job in the civilian world nowadays, a person has to start out with a certification in order to progress in that occupation," said Dr. Vicki Braun, acting director of the Station's Life-long Learning Center. "When Marines working in an military occupational specialty, which provides a lot of the necessary experience, leave the Corps, they can already have that certificate in their hand. That is very valuable because it means they are not going to have to go back and work all those hours required to get certified."

The USMAP is a formal system that combines on-the-job training with related technical instruction. It produces occupational specialists who are competent in all aspects of their trade, and is an entry point for a long-lasting career.

Currently, the USMAP is open to active duty Navy, Coast Guard and Marine personnel whose job field contains an authorized apprenticeable trade. Depending on the trade, the length of the apprenticeship may be from one to four years. One hundred forty-four hours of related technical instruction must accompany each year of apprenticeship. A certificate of Completion of Apprenticeship issued by the Department of Labor will be awarded to service members who have fulfilled the requirements.

"We provide individuals with a form to document every single hour of their OJT," said Masaaki Hirayama, Station education specialist. "They are responsible to



Lance Cpl. David Revere

**Marines from Marine Wing Support Squadron 171 operate a skytrack. Engineer equipment mechanic is one of the apprenticeships available in the United Services Military Apprenticeship Program.**

give to us a progress report every six months."

The report is signed by the service member's senior noncommissioned officer on a weekly basis and once a month by the commanding officer.

"For sergeants or above, we can give preregistration credit for half of their required hours," said Hirayama.

According to Braun, whenever the service member chooses to leave the military, receiving this certification can put them ahead of the game.

"Most employers look for prior military because they know that they have been trained, they have leadership qualities, they have perseverance, and they know how to lead people toward accomplishing the mission," said Braun. "Those are very highly valued qualities in the civilian workforce. To add a certificate to that makes the person that much more valuable."

To find out which occupational specialties offer apprenticeships or to pick up an apprenticeship registration package, visit the education office in room 127 of Building 411. Additional information can be found online at <https://www.cnet.navy.mil/usmap/>.

# NEWS BRIEFS

## THINGS TO BRING WHEN FILING TAXES:

- ☐ Form 1099 (interest statements from banks earned on savings or checking accounts.)
- ☐ Child care expenses.
- ☐ Records reflecting spousal or child support payments.
- ☐ Mortgage interest statement.
- ☐ Individual retirement account (IRA) contributions.
- ☐ Dividends, interest, and capital gains and losses from the sale of stocks, bonds or property.
- ☐ Charitable contribution records.
- ☐ Electronic tax filers need to bring the savings or checking account number where they want their tax refunds electronically deposited.

## TAX CENTER

Hours of operation are from 8 a.m. to 4 p.m., Monday through Fridays, and 8 a.m. to 12 p.m., Saturdays during the month of February.

## ROADWORK AHEAD

There will be roadwork from 8:30 a.m. to 6 p.m. in three different areas on the Station. The one-lane traffic will be directed by a flag man during the daytime and a traffic signal at night. The work is expected to be completed April 30.

# Kids treated with prizes, check-ups

LANCE CPT. RUBEN D. CALDERON  
Combat Correspondent

Families gathered at the Branch Medical Clinic, Feb. 7, from 8 a.m. to 1 p.m., for children to get a free dental check-up, to be part of the annual National Children's Health Month.

"The American Dental Association has named February as Kid's Month," said Navy Lt. Jeff Bleile, Dental Clinic dental officer. "This is something going on in the U.S., as well as all bases around the world."

The American Dental Association held the first national observance of Children's Dental Health Day on Feb. 8, 1949. Over the years, it has extended to a month-long celebration. Now it is known as National Children's Dental Health Month.

"We're here to promote healthy smiles and also encourage parents to instill good dental habits with their children," added Bleile.

As a significant day at the dental office, face painting, balloon animals, and prizes were given to children.

"We have all sorts of games,



Lance Cpt. Ruben D. Calderon

Navy Lt. Jeff Bleile, Dental Clinic dental officer, hula hoops with the children during the National Children's Health Month event at the Dental Clinic Feb. 7.

crossword puzzles and word search, that are appropriate with dental terminology to make it more understandable for the children," said Bleile.

"I think it's a great thing for the children to get a free check-up. All the activities they have are for the children, which make this a special

event. The games also help occupy their time while they are waiting," said Toni P. Keating, mother of three children who got check-ups.

At the clinic, children receiving the free check-up ranged from two to 14 years old.

"Two years is a good age for parents to start bringing their children in for a dental check-up. At that age there shouldn't be any problems, regarding their teeth," said Navy Lt. Nathan E. Gelder, Dental Clinic dental officer.

Children can have a full set of teeth by the time they are 3 years old, but decay can occur as soon as teeth appear in the mouth. This often occurs at the age of six months, according to Bleile.

Parents should begin cleaning their child's mouth during the first few days after birth. Cleaning the mouth can remove plaque and remaining food that can harm teeth that are about to grow out.

"It is important for parents to keep their children's teeth healthy," Bleile said.

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think it is not necessary to maintain renter's insurance because they occupy military family or bachelor housing," said Kear. "It is true that losses in government quarters due to certain instances of fire, flood, hurricane, theft, vandalism or unusual occurrences may be considered for payment by a claim against the government. However, the government does not pay for losses due to the negligence of the service member, or his or her family members or guests."

Kear added that many fires are the result of negligence. If a fire in government quarters resulting from the resident's negligence destroys all household goods and damages government property, the resident bears the costs associated with the loss, including liability for the losses to the government.

"Some renters may believe it is not necessary to maintain renter's insurance because they know a landlord has property insurance of his or her own," said Kear. "However, most lease agreements state that a landlord is not responsible for losses for which he or she is not personally responsible."

Most policies cover theft, falling objects, wind, water, hail, lightning, smoke, civil commotion, vandalism, and explosions. However, the coverage varies by location, policy, and insurance company. That's why it's important to always ask exactly what is covered before buying an insurance policy.

"Odds are a few items will be missed if a claim is filed by memory," Kear said. "There are a few important ways to take inventory and prevent the insurance company from shortchanging the claim holder. Taking photos as well as writing a list with descriptions, serial numbers, etc., will help to accurately report any loss."

Kear added that making sure the inventory information is stored away from home protects it from being destroyed in the event of a fire or flood.

"All residents of family or bachelor quarters and all residents of privately rented off base houses overseas should purchase renter's insurance," Kear said. "What type and how much coverage are individual decisions that depend greatly on each person's situation."

As with any insurance policy, it is important to read it in its entirety and understand its terms and coverage, Kear concluded.

TRICARE from Page 1

medical history, medication and health problems.

One important thing about this Web site is it provide secure and confidential access to your medical records. It also provides people with the chance to look for new doctors or find out what is available at the medi-

cal facilities at duty stations they are transferring to in the future. To promote this program and its coming to Iwakuni, the Branch Medical Clinic is giving away brochures and CD's which explain the program in greater detail.

But rest assured, when medical treatment is needed, people will still get to see a real live doctor and not a computer.

# Lift, click, fuse; bombs drop down under

STAFF SGT. NICHOLAS P. MCLAREN  
Combat Correspondent

**ROYAL AUSTRALIAN AIR FORCE BASE TOWNSVILLE, Australia**—The process is said to be simple ... you lift them, click them, fuse them and then arm them. Going through exactly those steps, the warriors of Marine Fighter Attack Squadron 332 prepare to send another F/A-18 Hornet out with a full load of 500-pound bombs during Operation Southern Frontier 2004.

Although the workload has been heavier for the aviation ordnance technicians on other deployments, they say the daily mission mixed in with the sweltering summer heat and widely dispersed work areas are enough to keep up the level of excitement.

"It is hot," exclaimed Pfc. Anthony Wilson. "It is nice to get to work under the (ordnance loading areas) instead of being in the direct sunlight all the time."

The deployment to the Australian state of Queensland not only introduces the Marines to the heat, it gives them hands-on time with the munitions they are trained to install. Being able to apply what we learned in school to combat scenarios being executed by the pilots is what it's all about, Wilson explained.

Gunnery Sgt. Rene Benedit, ordnance noncommissioned officer in charge, lauded the positive benefits of the deployment for his Marines. "Exercises like this are imperative, because it allows them to get the face-to-face time with the weapons that they need," he said.

There are many different steps taken to ensure the job is done to the precision quality required. "To them it might seem simple because we break it down into a variety of tasks, but if you were to put it all on one Marine, it is a lot of work," Benedit said.

Each day the tasks that lay ahead of the bomb-loading crew may be different. Before going home each night, the flight schedule, detailing the specifics of the next day's flights, is published.

"Our job depends on a lot of things. Some bombs have to be wired different," said Cpl. Sarah Robinson reciting a long list of weights and acronyms, each representing a type of ordnance she has helped hoist and fasten to the belly of the F/A-18 countless times in her three years as a Marine. "What type of fins do they want? Do they want a mechanical fuse or a tail fuse?... It will all be on the flight schedule."



Staff Sgt. Nicholas P. McLaren

Pfc. Anthony Wilson, Aviation ordnance technician, installs the fuse in the front of a 500-pound bomb.

One newcomer to the bomb crew was Lance Cpl. Joshua Smith, avionics technician. "I learned how to arm a bomb today. I feel special," he said triumphantly.

Smith, who was assigned to the detail for the day just to get a new experience usually works on the communications and navigations of the aircraft. "Usually anything we put

on the jet, we intend it to stay there. Plus this is a little more strenuous," said Smith explaining the major differences in this temporary assignment. "I'd really like to learn more about the different types of ordnance they use."

Lift, click, fuse and load is simplifying the demanding job the ordnance team performs, according to Benedit. Planning, electronic checks, weapons inspections and programming the appropriate settings are all vital to accomplish the desired end state.

The quality of the job they do is evident when steel hits the target on the bombing range.

"We actually get to load the stuff that gets dropped on the targets. There is a lot of pressure to get everything done on time. So, it was real nice to get a chance to see what are work actually does," said Wilson of his day at the bombing range.

"We do get feedback. Sometimes the pilots will tell us what happened or even shoot video," said Wilson who added that seeing first hand the ordnance work as advertised was truly rewarding.

"We have outstanding crews. These Marines are on the flight line from (6 a.m. to 6:30 p.m.) in 100-degree temperatures. It is a lot of hard work," said Benedit.

# Iwakuni cooks grilling down under

LANCE CPT. GIOVANNI LOBELLO  
Combat Correspondent

**ROYAL AUSTRALIAN AIR FORCE BASE TOWNSVILLE, Australia**—Hard work, dedication, a thirst for knowledge and team pride are all key factors that helped Iwakuni H.G. Robinson Messhall take home the title of best in the corps. Now, several members of the winning team are proving they can contribute to the mission near and far.

A total of eight food service specialists from Marine Wing Support Squadron 171 are in Townsville to support Marine Fighter Attack Squadron 332 in Operation Southern Frontier. The Marines are not only interacting with their peers but also with Australian natives.

"This is my first time in Australia and I was very excited when I first found out I would be coming here. I heard a lot of good things about this place. I was looking forward to a change in weather, different culture and see kangaroos and other native Australian animals," said New Orleans native Cpl. Damerice Pierre, food service noncommissioned officer in charge for the deployment.

Lance Cpl. Johnvix Dereum, food service specialist was just as excited to deploy. "I was very happy to come to Australia, I was told this place was a lot of fun and it didn't hurt to take a break from Japan. I was also looking forward to working with these great culinary professionals," added the Ft. Lauderdale, Fla., native.

Marines were not the only ones looking forward to the bilateral work environment.

"I have worked with American military before so I thought it would be a very good experience for everyone," said Rebekah Rogers, Airmen's Mess executive chef. "The staff was really looking forward to mingling with the Marines and learning from the way they do things."

Away from the comforts of home, the Marine culinary crew has had to adapt to a new style of cooking and way of operations.

"We had training for the first two weeks that we were here," explained Pierre. "During this time we worked from 5:30 a.m. to 7:30 p.m. everyday. After the training we have gone to a three-person watch and now our working hours are from 4:45 a.m. to 7:30 p.m. If we would not of done that training we would be struggling to keep up."

"Having the cooks here has been a major help in knowing what kind of foods they are used to eating, instead of us always cooking Australian meals and dishes they are not used to," Rogers said. "This is a good time for us to pass some of our knowledge and our way of doing things down to the Marines. This process also works vice versa in them showing us how they operate."

With the mixture of two different styles of cooking, this deployment is a good opportunity for both sides to learn new techniques.

Since the arrival of Marines one thing that has changed is breakfast, said Rogers. They have shown

us a different way of cooking the eggs, pancakes and French toast. We usually add milk to the eggs making them fluffier allowing for more eggs to be made instead of just making them straight on, added Rogers.

"While I've been here I have learned to make teriyaki chicken, sour cream potatoes and beef curry," said Lance Cpl. Luis Alfaro, food service specialist. "Also when I cook I have been able to add different spices than would normally be used. For example I have used paprika and Cajun pepper to foods that I know would taste better if added."

Along with some creative cooking we have also showed the military way of cooking food to the Australians here, added Pierre.

"With the Marines here it has kept us on our toes by adding a little more life to the job," commented Rogers. "Usually our workers come in here and just do their time and go home. However these guys like to sing and dance—bringing a good attitude with them to work."

The Marines have also tried to show why they are the Marine Corps' best. Everyone has really been working hard, working beyond what is usually expected of their rank and experience level, Pierre said.

While in Operation Southern Frontier military and civilian cooks will feed approximately 100 Marines along with approximately 50 Australian Air Force personnel that eat in the mess each meal.

## Nonjudicial Punishment

☑ On Feb. 6. a Marine from Marine Wing Support Squadron 171, was found guilty for violating Article 92, underage drinking. The Marine was put on restriction, given extra duty and received a fine.

☑ On Feb. 6. a Marine from Marine Wing Support Squadron 171, was found guilty of violating Article 92, underage drinking. The Marine was put on restriction and given extra duty.

☑ On Feb. 12 a private with Marine Aviation Logistics Squadron 12 first class was found guilty of violating Article 86, (Unauthorized Absence). The Marine, on or about Jan. 14 at 7 a.m., did without authority, absent himself from a MALS-12, Avionics Division, Work Center 990. The Marine did not show up to the work place until about 9:30 a.m. The Marine violated the same procedures Jan. 27. The Marine was reduced to private, forfeited half pay for two months, and received 45 days restriction and 45 days EPD to run concurrently.

☑ On Feb. 12 a lance corporal with Marine Aviation Logistics Squadron 12 was found guilty of violating three counts of Article 92, (Failure to obey order or regulation). The Marine, on or about Jan. 17 at 2:30 a.m. violated MCASO P5560.8., in which he operated a privately owned vehicle without proper permission and caused an accident in the parking lot of Barracks 1358. The Marine was reduced to private first class and given 45 days restriction and 45 days EPD to run concurrently.

☑ On Feb. 12 a lance corporal with Marine Aviation Logistics Squadron 12 was found guilty of violating Article 134, (False or unauthorized pass offenses). The Marine wrongfully and falsely altered his Armed Forces Identification Card by changing his date of birth to falsely reflect 800911. The Marine was reduced to private first class, forfeited half pay for two months and 45 days restriction and 45 days EPD to run concurrently.

☑ On Feb. 12 a lance corporal with Marine Aviation Logistics Squadron 12 was found guilty of violating Article 134, (False or unauthorized pass offenses). The Marine wrongfully and falsely altered his Armed Forces Identification Card by changing his date of birth to falsely reflect 800706. The Marine was reduced to private first class, forfeited half pay for two months and 45 days restriction and 45 days EPD to run concurrently.

# Matthew C. Perry sixth-graders celebrate, acknowledge Black History Month



Dr. Martin Luther King Jr.

*Editors Note: The following passages are from the sixth grade students at Matthew C. Perry. The students were asked to write an essay explaining what Black History Month meant to them. Here is what the Station children had to say:*

To me, Black History Month is a time to reflect on what we have today that wouldn't be possible unless African-Americans gained their freedom in America. I wouldn't be able to have some of my friends.

—**Melanie V. Olaes**

It reminds me of the black slaves who never got to do anything whites got to do. Also, it reminds me that blacks are human beings too. It's not like they're monsters, they're human beings.

—**Blake Hackett**

We should all take time out of our lives to look back and see what the African-Americans went through to earn equal rights for everybody.

—**Anthony Delanto**

Black History month, to me, means that we should remember the past and think of the good



## What does Black History Month mean to me?

people that changed the world and it should remind us that everyone is equal.

—**Kenneth Manaloto**

To me it means reflecting on the hardships African-Americans went through.

—**Nick Albia**

To honor the African-Americans who achieved the right to equal rights. We should take this time to stop and think of what their protests and marches meant

to their freedom of speech. When you have a dream and you will succeed. What would the world be like today if none of that happened? I hope that in today's society we could do a lot more to improve on our freedom, and to live peacefully.

—**Kathlene Oliverir**

It is a time to think about those African-Americans who fought for civil rights and helped our nation. A few of these fine people could be Oprah Winfrey, Dr. Martin Luther King Jr., George

Washington Carver and Sojourner Truth. They've all made a difference in someone's life; either by giving words of encouragement, money, or supplies to the needy. I think it's safe to say that all the people and many others deserve a place in our hearts, if not everyday, then at least this month.

—**Cassandra Dahl**

What I think it means is when African-Americans have a festival of what their color is. They talk about Dr. Martin Luther King Jr. and what he did to give them

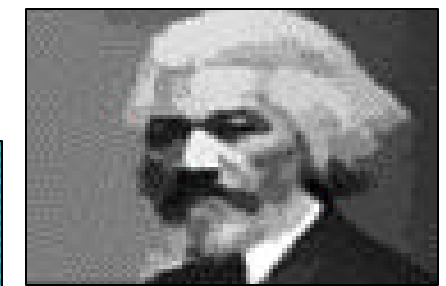
freedom. What I think it means too is when they talk about the old days.

—**Kathleen Perry**

It is a time to sit back and think what the African-Americans had to go through to get liberty, justice and freedom, and to help recognize who led the way.

—**Troy Vann**

To me it means the month where blacks came together to recognize the African-Americans



Frederick Douglass

who helped us become friends and help blacks have equal treatment and gain equal rights.

—**Natasha Copeland**

Black History Month is the month that you take the time out to notice how the African-Americans were treated and how they struggled to survive the hardest part of their lives and the hardest time in America, but they didn't whine about it. They kept their heads. And now we look back on the things they did and wonder how life would be if they didn't do some of the things they did.

—**Jamila Bryan**

Black History Month is a time to look back to remember what the African-Americans did to customize the U.S. to what it is today.

—**Drew Bellows**

To me it means a month where you can look back some time ago and think about how hard African-Americans and whites to have peace on earth with everyone, without violence. It is a special month that should bring your mind to the past and think the good things that were accomplished.

—**Julia Daley**

# Heart of samurai still beats strong

STORY AND PHOTOS BY  
LANCE CL. DAVID REVERE  
Combat Correspondent

*"Both the victor and the vanquished are but drops of dew, but bolts of lightning. Thus we view the world."*  
**Gen. Ouchi Yoshitaka**  
1507-1551

The crack is swift and sharp. In a fraction of a second, the upper half of a bamboo pole falls severed to the dirt - a mere twig before the cold steel of the samurai's blade.

The way of the sword is kept alive today by a unique, and diminishing group of sensei (teachers). These modern masters represent a timeless institution of Japanese culture - the samurai.

According to Japanese Ground Self

Defense Force Sgt. Masashi Fujioka, the samurai were originally Japan's warrior caste, the forefather's of the army. Sword fighting schools continue to exist today as a cultural heritage and a discipline of the mind and body.

"The man who learns it must understand this history and character," said Fujioka. "He must make an effort toward the training of the heart, skill and body."

According to the Samurai Archives Web site, the samurai dominated Japanese history for nearly 700 years from 1185 to 1867, a reign both ruthlessly violent and culturally rich.



The samurai wore two swords at his waist, a long and a short one.

They symbolized his membership in the warrior class, a high position in feudal Japan. One indication of the authority he carried was a law stating that if a commoner failed to obey a samurai, they could be killed on the spot.

According to the National Geographic Web site, this inherent authority bred an elitist and idle attitude in times of peace. They were frequently more partial to drinking or gambling than cutting down an enemy. Mercenary jobs could be taken, but a yearly allotment of rice was sufficient for a comfortable sustenance.

One result of this idleness was frequent and ruthless acts of violence, unlike romantic portrayals of the samurai hero in movies.

Nevertheless, loyalty to the emperor was the samurai's ideal, and duty was his core value. With that aspiration, it became important that every aspect of the warrior be developed for the emperor's service.

"There are two sides to the samurai," said Fujioka. "They are called Shinpo (mind), and Giho (body). The skill is progressed by the improved mind, and improved mind makes much skill."

According to the Samurai Archives Web site, Bushido meaning "way of the warrior," is the beginning to an understanding of the samurai mind set.

The philosophy of Bushido is "freedom from fear." It meant that the samurai transcended his fear of death. That gave him the peace and power to serve his master faithfully and loyally and die well if necessary.

The sense of loyalty was so strong that, after defeat, some samurai chose to commit ritual suicide by cutting their abdomen rather than being captured or dying a dishonorable death.

Today, the high ideals of the samurai have become available to all people through modern schools, such as Toyama laido, a fencing art similar to kendo.

"The style has become suitable in a time of peace, so that young, old and both sexes can study it together," said Fujioka.

Instead of slicing bodies, modern samurai practice on wooden poles such as bamboo. The movements incorporate techniques that have been used throughout centuries of Japanese warfare.

"They are established as a cultural heritage for future generations," said Fujioka.



**Daisuke Oinuma, Toyama laido sensei and performer, cuts the bamboo with perfect technique in this demonstration of the art's "Honme Hidarikesagiri" movement, a diagonal cross-body slice. Toyama laido is a modern fencing school that also teaches traditional samurai philosophy.**



## Samurai Profile: Minamoto Yoshiie

According to the Samurai Archives Web site, Minamoto Yoshiie, a man who came to embody the spirit of the samurai and a legend even in his own time, was the most famous commander and samurai warrior in Japanese history. Yoshiie participated in the Battle of Kawasaki in 1057, where he assaulted a stronghold during a snowstorm, forcing the defenders to retreat. In the course of the hard-fought route, Yoshiie distinguished himself and earned the nickname 'Hachimantaro', or 'First son of the God of War.' Yoshiie rewarded his men by paying them for his services with his own lands. This action greatly enhanced Yoshiie's reputation and also secured lasting bonds of loyalty. The legend of Minamoto Yoshiie, who emerged from his northern wars and the chronicles as a cultured man of war, established a model for future samurai that would influence generations of warriors to come.



## OUT THE GATE

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

### Otake Sunday Market

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 will be set up to sell fresh vegetables, fish, oysters. A flea market will be held at the same time. The market will not be cancelled in case of rain. Call 53-7175 for details.

### Famous Bridges Photographs Display

There will be a display of almost 100 photographs of the Kintai Bridge and other famous bridges of the world, March 6-21, 10 a.m. to 5 p.m. at Ooshimaya Building near the Kintai Bridge. The admission is free. Call 41-1477 for more information.

### Ikenobo Flower Arrangement Exhibition

This event will take place today through Monday, 10 a.m. to 4 p.m. on the 1st floor at the Iwakuni City Auditorium. It closes at 3 p.m. on

Saturday and Monday. Approximately 350 arrangement will be displayed. The admission is free. For more information call 21-4943.

### Tsuwano Agansai Festival

The festival will be held at the Civic Center in Tsuwano town, Feb. 28 and 29, 10 a.m. to 4 p.m. to introduce its local products. Samples of local food and drink, such as Japanese dishes, sweets and sake will be offered. There will also be a shop selling local agricultural products. The admission is free. It will not be cancelled in case of rain. Call 0856-72-1771 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 Wingroad**, 1998, station wagon, blue with silver trim, P/W, P/L, driver side air bag, JCI until Feb. 2006, \$2,200. Call Phillip Grant at 253-3510 dwh or 09016810866.

**Toyota Surf Hilux**, 1991, 4 door, 4x4, power everything, 10 disk CD changer, runs excellent, JCI until Jan. 2005, \$1,500 obo. Call Lisa at 253-2139 or 253-3078.

**Honda Accord**, 1991, 4 door, JCI until Feb. 2006, \$1,695 obo. Call Angel at 253-3412 dwh or 253-7403.

**Nissan Cedric**, 1992, excellent condition, JCI until April 2004, \$1,500 or \$2,000 with 2 years JCI.

Call Sean at 253-5549 dwh or 253-2291 awh.

**Harley Davidson Tour Glide Classic**, 1988, mint condition, well maintained, cared for 2nd owner private ride, JCI until March 2004, \$8,500. Call Sean at 253-5549 dwh or 253-2291 awh.

**Toyota Surf**, 1992, excellent condition, extra set of off road tires, well maintained, JCI until March 2004, \$3,000 or \$3,995 with 2 years JCI. Call Sean at 253-5549 dwh or 253-2291 awh.

**Toyota Grand Saloon**, 1990, 8 passenger, van, automatic, rear A/C, P/W, P/L, new tires, runs great, JCI until Oct. 2004, \$1,000 obo. Call SSgt Eldridge at 253-

3838 dwh or 253-2812 awh.

**Mazda MPV**, 1994, 7 passenger, blue automatic V-6 engine, 16" rim, great reliable family van, JCI until Aug. 2004, \$2,000 obo. Call PO2 Millan at 253-4084 dwh or 253-2556 awh.

**Toyota Town Ace**, 1991, 7 passenger, JCI for 2 years, \$2,195. Call Stuart at 253-3394 dwh or 253-2684 awh.

**Mitsubishi Emeraude**, 1993, 4 door sedan, JCI until June 2004, \$2,000 obo. Call Kris Gerber at 253-3989 dwh or 253-2030 awh.

**Mazda Roadster**, 1990, 5 speed, new tires, new back window, CD changer, excellent condition, JCI until Aug. 2005, \$2,000. Call

Hope Fiorvanti at 253-4673 dwh or 253-2461 awh.

**Honda CBR 1100 XX Super Black Bird**, 1998, 135 horsepower, super sport tour bike, after market suspension, sprocket, stabilizer bar, European model with vin # no restriction plate, JCI until Dec. 2005, \$7,000. Call J. Graceffa at 253-3515 dwh or 253-2912 awh.

### OTHER ITEMS

Free to good home three cats, one mix female, one white female, one black male. Call Andrea at 253-2545.

MCAS Iwakuni throw blanket featuring an F/A-18 Hornet surrounded by unit patches in full color.

Perfect gift for your family or a keepsake of your stay in Japan. Now taking preorders. \$55 cash or check payment due in advance. Call Karen at 253-2122 or Kelly at 253-2745 for more information.

**Misc.**, Sony Playstation with 2 controllers, 2 available, \$50; Gameboy Color, \$25; Gameboy Advance, 2 available, \$45. Call Stuart at 253-3394 dwh or 253-2684 awh.

**Misc.**, entertainment center, solid, light-colored fits 27" TV, matching coffee table, \$125 for both obo. Call Kris Gerber at 253-3989 dwh or 253-2030 awh.

### WANTED

**English Substitute Instructor** URGENT. Need reliable person to substitute for off-base English class Monday mornings. Pay is 8,000 yen. Call 253-2264 for more information.

Math tutor needed for 4th grade and 6th grade students. Call Cassandra Ashcraft at 253-2692.

Looking for crib mattress, bassinet and play-yard, all new or good condition. Call Anna or Mark at 253-2676.

### JOB OPENINGS

**Secretary** Matthew C. Perry Elementary School is currently accepting applications for the position of school secretary. For more information call 253-4673.

### CHRO (253-6828)

**DeCA:** -Sales Store Checker (Intermittent) **Clinic:** -Social Worker **BPO:** -Management and Program Analysis Officer

### MCCS (253-3030)

Go to <http://www.mccs-iwakuni.com> for a complete job listing.

# SAKURA THEATER



### STUCK ON YOU

Bob and Walt Tenor are small-town legends who excel at sports, and who are the proud owners of a fast-food restaurant where their four hands work the grill at lightning speed. When the acting bug bites Walt, he convinces Bob to honor their childhood pact to never hold back the other, and the brothers head west for the bright lights of Hollywood (128 minutes).



### SHATTERED GLASS

The true story of journalist Stephen Glass, the twenty-something whiz kid who quickly rose from a minor writing post in Washington, to a feature writer in such publications as Rolling Stone and the New Republic. By the mid-90s, Glass' articles had turned him into one of the most sought-after young journalists in Washington—until a bizarre chain of events suddenly stopped his career dead in its tracks (103 minutes).



### HONEY

This is the story of Honey, a tough sexy dancer from the inner city, who becomes a successful music video choreographer, a career which is threatened when her mentor makes her either sleep with him... or get blacklisted within the industry. She ultimately decides to pursue her lifelong dream of opening her own dance studio for inner-city youths (104 minutes).

### FRIDAY

7 p.m. Stuck On You (PG-13)  
10 p.m. Shattered Glass (PG-13)

### SAURDAY

12 p.m. Cheaper By The Dozen (PG)  
2 p.m. Lord Of The Rings: The Return Of The King (PG-13)  
7 p.m. Honey (PG-13)  
10 p.m. Shattered Glass (PG-13)

### SUNDA

2 p.m. Lord Of The Rings: The Return Of The King (PG-13)  
7 p.m. Paycheck (PG-13)

### MONDAY

4 p.m. Tennessee Titans Cheerleaders Camp (Live performance)  
7 p.m. Cheerleaders (Live performance)

### TUESDAY

7 p.m. Stuck On You (PG-13)

### WEDNESDAY

7 p.m. Lord Of The Rings: The Return Of The King (PG-13)

### THURSDAY

7 p.m. The Last Samurai (R)

# COMMUNITY BRIEFS

## EDUCATION

### Test Schedule

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

## CHRO

### CHRO Training

■ **Privacy Act:** Tuesday, 9-11 a.m. (This training will be provided at Building 1, Auditorium room.)  
 ■ **Family Member Local Employment Orientation:** Wednesday, 8-9 a.m.  
 ■ **RESUMIX:** Wednesday and March 10, 9:30-10:30 a.m.  
 ■ **Outbound Family Member Priority Placement Program Brief:** Wednesday and March 10, 11 a.m. to 12 p.m.  
 ■ **Preventing Workplace Conflict and Adverse Actions:** March 22-24, 8 a.m. to 4:30 p.m.  
 ■ **Alternative Dispute Reso-**

**lution:** March 25-26, 8 a.m. to 4:30 p.m. For more information and nomination, call 253-6828 or send e-mail to shiomuram.jp@iwakuni. Classes will be held at Building 1, Room 102, CHRO training room except Privacy Act.

## MCCS

### CRMC Classes (253-6439)

■ **Local Employment Overview:** Tuesday and March 2, 9-10:30 a.m.  
 ■ **DoD Federal Employment:** Thursday, 1-3 p.m.  
 ■ **Club Iwakuni (253-3119)**  
 ■ **Civil Engineer Corps And Seabee Ball:** March 5, Club Iwakuni ballroom. Call 253-5084 for details.

### Teen Center

■ **SMART Girls Party:** March 7, 3-5 p.m. Call 253-6454 for more informations.

### Single Marine Program (253-4656)

■ **Chicken Shack Dinner:** Feb. 27, 6 p.m. \$10 transportation. Bring yen for food and souvenirs.  
 ■ **Hiroshima Peace Park:** Feb. 29, 10 a.m. \$10 transportation and extra yen for the museum, lunch and shopping.

### Wine Seminar

Feb. 27, 5:30 p.m. at the MCX Seven-Day Store. Learn the culture and etiquette of wine and the fine art of menu pairings. Open to MCX patrons age 21 and older. Call 253-5641 to sign up.

### IT&T (253-4377)

■ **Hina Doll Sagemon Festival in Yanagawa:** March 14. Enjoy Hina doll displays, witness an ancient Hina Matsuri ritual, explore Yanagawa town along the canal, and enjoy a taste of Yanagawa's popular eel dishes.

### International Women's Day Celebration

March 8, 8 a.m. to 3 p.m. in the Club Iwakuni ballroom. This celebration is open to all who want to be inspired, empowered and made aware of women's accomplishments, continued work in the world and future possibilities. Events include entertainment by women from various

cultures, a speech about women and change, and a circle discussion group about women around the world. Register before Monday by calling 253-4526. Childcare is available at the Child Development Center.

### URA Talent Show

Tryouts at the Sakura Theater for non-instrumental talent run March 3 and 10, 6-9 p.m., and for bands March 6, 10 a.m. to 2 p.m. Contestants must be either Station personnel, family members, JMSDF, IHA or MLC employees. Local Japanese residents may attend the show but cannot compete. The show will be March 19, 6-9 p.m. Admission is free.

### Japanese Crafts: Hina Dolls

Wednesday, 11:30 a.m. to 1 p.m. March 3 is the Hinamatsuri Doll Festival. We will make our own Hina dolls with washi, rice paper, and display them for the nationwide celebration. Supplies are provided at no cost. Advance sign up is recommended. Call 253-6165 for details.

### Newcomers Class

Feb. 27, 8:45 a.m. to 4 p.m. Come with us to Hiroshima Alpark Mall and learn to navigate the local public bus and train system. Call 253-6165 for more information.

## COMMUNITY

### Crime Stoppers

If you have any information

pertaining to a crime please call "Crime Stoppers" at 253-3333. Crime Stoppers is an answering service designed for anonymous callers to give information that would assist the Provost Marshal's Office in solving and preventing crime.

### YIEA Japanese Language Course 2004

The Yamaguchi International Exchange Association is sponsoring a Japanese language course for foreigners at the Iwakuni Civic Hall. The course of instruction is divided into two terms, each covering three months. For more information call the Public Affairs Office at 253-5344 or 253-5551.

### Thrift Store

The Thrift Store is open Tuesdays from 10 a.m. to 2 p.m., Thursday from 5-8 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. Volunteers and donations are always welcome. Call 253-4721 for more information.

### Iwakuni Toastmasters

Toastmasters International provides an excellent opportunity to learn and practice proper public speaking and invaluable leadership skills. Meets every 2nd Thursday evening and 4th Friday at lunch. Call Nancy Regan at 253-4557 or Sallie Donahue at 253-5328 for more information.



Mary Jane Johnson

### Flamingos For Sale

**Cora Espino holds up her two flamingos she received from the Matthew C. Perry High School PTO Booster club. The PTO is selling the birds for \$5 each and they can be sent to your house or work place. The proceeds will go to the PTO. For more information call 253-2557.**

# Running builds healthy mind and body

STORY AND PHOTOS BY  
 CPT. ROBERT W. WYNKOOP  
 Combat Correspondent

*Editor's note:* this is the first story in a three part series.

"P-T, P-T every day ... buildin' my body the Marine Corps' way!"

Recent studies have shown that fitness, a mandatory military requirement, has been proven a beneficial factor in overall health and well being.

Dispelling the myth that running is, "bad for your knees," a Stanford University study of nearly 1,000 people shows running can offer more than a decade of protection from the osteoarthritis.

In 1984, researchers began monitoring 538 active runners and 423 people who never exercised. Each year all participants were checked using X-ray equipment and doctors assessed them for pain and disability.

Upon conclusion of the study, 20 percent of those who never exercised complained of pain and suffered some sort of disability. Among the exercising participants, only 5 percent suffered ailments.

"We now know that painless running or other activities which are aerobic and make you fit help keep you vigorous for longer," said Jim Fries, Stanford University professor, who led the research. "You are four times better off in avoiding disability,



**Running in a formation, Marine Aviation Logistics Squadron 12 runs Tuesday to increase unit morale and fitness.**

and that's what we all worry about."

Avid runner, Master Sgt. Ivor Pardee, Headquarters and Headquarters Squadron airfield operations chief, says in his life, running is not just a mandatory obligation, but also more of a lifestyle decision.

"Running has made my legs stronger, improved my endurance and overall has made me healthier," said the Pardee, who has made running his hobby throughout his 20-year career in the Marine Corps. Pardee has also completed the Marine Corps Marathon, held in Washington, D.C., three times.

Although Pardee made personal accomplishments of completing the 26.2 mile-long races, marathon running is not essential for good health. Keeping one's pulse in the target heart rate zone for their age and size is the main key for effective aerobic exercise and speed and distance are not necessarily the most important factors when running.

The act of running in any quantity is beneficial to the human body.

"I run about four times a week ... three runs of three to four miles at a time, and one run of six miles. Running really helps me relieve stress," Pardee explained.

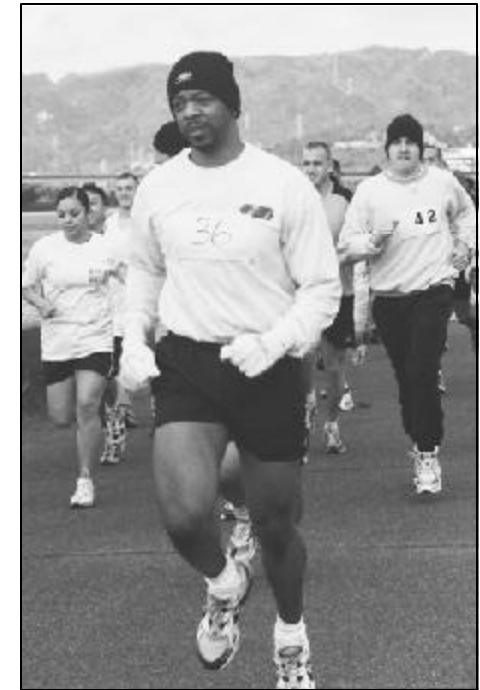
The stress reduction may come from a release of brain chemicals called endorphins. These chemicals help relieve pain and can provide a feeling of euphoria. "Runner's high," as the experience is sometimes called, and the post-exercise surge of brain chemicals appear to elevate the mood of active individuals.

Another benefit to running, as a health form of aerobic exercise, is it's easy and convenient. The only needed equipment is a pair of running shoes, a required uniform item for service members, and some type of traversable terrain.

"Some people may not be 'born runners,' but any sort of sustained physical activity can produce the same effects. Running is more of an intense cardiovascular workout, but other types of activities are still beneficial," according to Navy Lt. Phillip Hanson, Branch Medical Clinic, physical therapist.

Pardee said, in his life running is a family affair and can help promote a healthy lifestyle in the home as well.

"I want to make it a family hobby," the



**Keith Carr, IronWorks Gym sports coordinator, takes off during the start of the Run for your Heart five kilometer run held on the seawall here.**

Hendersonville, N.C., native said, noting that his 11-year-old son participates in five and 10-kilometer runs with him. "I think it sets a good example for my son and it gives us a chance to spend more time together."

The Marine Corps Common Skills Handbook, stresses that Marines spend a minimum of five hours weekly participating in physical training. Although this completes the basic requirements, a personal aerobic training program in addition to unit PT programs can further promote overall wellness and reduce the risks of future ailments.

What ever his motivations were when he first laced up his shoes for his very first run, one thing is now for sure, Pardee assures that running, simply, "makes me feel good."

## IWAKUNI SPORTS SCENE

### FAMILY APPRECIATION DAYS

Saturday, 1-5 p.m. All games are half price at the Bowling Center. Call 253-4657 for details.

### SWIM LESSONS

Monday through Feb. 27, 5-5:30 p.m. Station residents sign up for \$30 at the IronWorks Gym front desk. This water adjustment course allows parents to help their toddlers become comfortable in the indoor pool while learning the basics of swimming. Classes are at the IronWorks Gym Indoor Pool. Call 253-4966 for more information.

### UNIT PT PAINTBALL CHALLENGE

Feb. 27, 2 p.m. Open to military units only. Only six teams are allowed to compete; one team per unit consisting of eight players. Call 253-5051 to sign up.

### OVER 30 BASKETBALL

Coaches meet Tuesday, 10 a.m. in the IronWorks Gym Wellness Room. Season begins March 8. For more information call 253-5777.

### SEMPER FIT HEALTH FAIR

March 6, 11 a.m. to 3 p.m. in the IronWorks Gym Sports Courts. Enjoy gymnastics, martial arts, clogging, and salsa demonstrations. The event also features information booths body fat testing, cholesterol testing, massages and fitness fun runs. Call 253-6359 for more information.

### FRIENDSHIP BASKETBALL GAME

The game will be held between MCCS Youth Sports (10-12-years-old) and Nishijin Elementary School (Fukuoka) Sunday, 9 a.m. Come out and support our youths.

## 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.

# Victory for team, victory for "Dream"

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

Intramural league basketball teams battled it out for the Martin Luther King Jr. "Make Real the Dream" tournament Friday and Saturday at the IronWorks Gym.

The tournament was to commemorate the memory and dream of civil rights leader Dr. Martin Luther King Jr.

Ten teams, including Crash Crew, ISMO, Road Warriors, Ready Group, Islanders, Squires, And One, Dragons, Supply and Dynasty participated in the tournament.

All teams met Friday night to determine who was going to play on Saturday's championship game, said Keith Carr, Dynasty team player.

The first two teams that sprang into action were ISMO against the Road Warriors; Friday at 6 p.m. ISMO crushed the Road Warriors, 47 to 28. ISMO advanced to play against And One.

In the second game, the Squires defeated the Islanders, 57 to 40, advancing them to go up against Dynasty.

In the semifinals games Saturday, Crash Crew went up against Supply Friday night at 8 p.m. Although they put up a valiant effort, Crash Crew was defeated 67 to 50. And One squared off against ISMO and defeated them, 40 to 35. Ready defeated the Dragons, 51 to 41. Dynasty hammered the Squires, 55 to 3.

In the final four games, Ready was conquered by the undefeated Dynasty, and Supply's team was the victor over And One, 45 to 38.

The championship match was between the two best teams in the league: H&HS Dynasty vs. MALS-12 Supply.

The two teams had recently played each other in the intramural league, Feb. 3, with Dynasty coming out on top. The same outcome appeared at the MLK Championship with Dynasty winning, 69 to 43.

"I wasn't surprised," said Roderick Haynes, Dynasty coach about the win over Supply.



Newly crowned champions of the Martin Luther King Jr. Basketball Tournament, Dynasty throws up number one signs and show-off trophies to add to their collection.

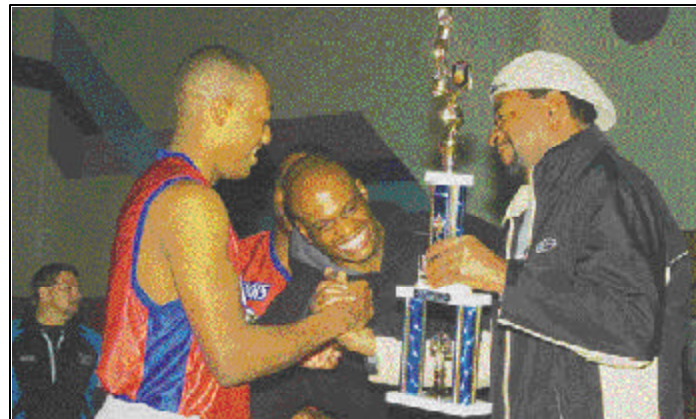
At the first half the score was real close, 28 to 23, and Dynasty wasn't "focused." It seemed as if the team "didn't have their heads in the game," thought Haynes. "I took my team to the sidelines and talked to them. They got their focus back. But through it all I wasn't worried. We had a whole other half to play."

The highlight of the tournament was Dynasty's Lee A. Woodbridge as he was awarded as the most valuable player.

"He's an awesome player and a great athlete. He knows how to play both sides of the basketball court, offense and defense. He truly does deserve it," mentioned Haynes about his most valuable player who scored 15 points, the most, in the

championship game.

"It's a team effort," said a modest Woodbridge, regarding his award. "It isn't about individualism. It is a team effort. These are the best ballers that I've ever played with."



Dynasty's Lee A. Woodbridge is awarded the 2004 Martin Luther King Jr. Basketball Tournament Most Valuable Player Trophy by Bobby Brown, IronWorks Gym athletic director, as coach Roderick Haynes watches.



Dynasty's Winfred Murphy drives with the ball, splitting two defenders before scoring a basket in the beginning seconds of the second half.