



Interview with mayor of Iwakuni

CPL. DAVE BONI
Press Chief

On Feb. 19 members of the Station Public Affairs Office sat down with the mayor of Iwakuni, Katsusuke Ihara, 53, to get his thoughts on the relationship between Iwakuni City and the Station (past and present), the recent curfew instituted and then lifted by the Station and also to introduce the mayor to residents here.

Question: Since you have been mayor here, being elected to a second term, how would you describe the relationship with the Station and your city?

Answer: I think we (Iwakuni City and Marine Corps Air Station Iwakuni) have a great relationship. We respect each other, but we need to continue to learn from and about each other.

Question: What changes have you seen or stick out in your mind?

Answer: I had lived in Tokyo before I became mayor, so I did not know the situation here very well. But since I became mayor the successive commanding officers were very helpful, especially the present one. He knows what he wants to do for Iwakuni, and he thinks people on base are Iwakuni citizens.

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Moonlighters return home

LANCE CPL. GIOVANNI LOBELLO
Combat Correspondent

Marine All-Weather Fighter Attack Squadron 332 departed Operation Southern Frontier Feb. 16 after a four-week deployment in Australia.

Marines hailing from Beaufort, S.C., stationed in Iwakuni as a part of the Unit Deployment Program were a part of the bilateral training exercise with the Royal Australian Air Force.

While in Townsville, Australia, VMFA(AW)-332 Marines were provided the opportunity to experience quality training that otherwise would have been difficult to acquire while in Iwakuni.

"Australia provided us the opportunity to execute live ordnance deliveries, high level training, under the weather close air support and send a couple Marines to weapons and tactics school," said Lt. Col. David Wilkinson, VMFA(AW)-332 commanding officer.

Throughout their stay in Australia, Marines utilized all the facilities that were available to their advantage to fulfill the mission.

"We can't drop off live ordnance here (in Iwakuni), the only range that we have available to us is in Korea," said Wilkinson. "In Korea we only have access to the range for 30 minutes. In Australia we had

a range literally 28 miles away from the base. Not only that but we basically owned the range over there. We were able to use it whenever we wanted and at any time."

"The Royal Australian Air Force Base individuals bent over backwards to make sure we had everything

we needed for our mission success," said Master Sgt. Alex Waca, VMFA(AW)-332 maintenance chief.

Leaving the confines of Japan's 30-degree weather didn't only benefit the Marines departing.

"Leaving the cold weather was very good for our planes," explained Wilkinson. "The planes and weapons perform a

lot better when they are not in a cold climate. Australia was a good climate change for everyone to get away for a month."

Despite a successful deployment, getting off to a rolling start was not that easy for everyone.

"Normally we don't perform full deployments," said Waca. "But this was a full deployment in which we started from ground zero. The first day was a little rough as everyone got their bearings, but after that we had no problems adjusting ourselves."

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Capt. Joshua Kihne

On their way home, VMFA(AW)-332 Hornets perform air maneuvers to keep their skills honed.

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IWAKUNI WEATHER



Today
Showers
High: 51



Saturday
Showers
High: 49



Sunday
Partly Cloudy
High: 46

www.iwakuni.usmc.mil

Japan raises terror alert status

LANCE CPL. DAVID REVERE
Combat Correspondent

Japan intensified security at airports, nuclear plants and government facilities Feb. 20 as a precaution against a possible terror attack, a Japanese National Police Agency official said.

The official said this was the highest level of preparedness since the United States-led invasion of Iraq in March 2003.

"Be vigilant during this time," said Andrew Samuels, Station antiterrorism force protection officer. "If you see anything suspicious, call (the Provost Marshal's Office). That will give us the opportunity to look into it further, and validate those concerns."

Japan does not have clear levels of alert, as does the U.S. During the heightened alert, riot police armed with automatic rifles will guard Tokyo and Kansai

international airports, nuclear power plants and reprocessing facilities, the official said.

Larger police forces were being mobilized around the prime minister's residence, U.S. Embassy, military facilities and national and local assembly buildings, the official said. Security was also increased at ports, railway stations and shopping malls.

"Currently, the Japanese are surrounding our perimeter by proactive control," said Samuels. "They're patrolling 24-hours a day with marked and unmarked vehicles. If anything seems out of the ordinary, they let us know."

Japan is sending 1,000 air, sea and ground forces to Iraq — its largest military deployment since World War II. In coming months, about 500 ground troops are expected to deploy to the southern Iraqi city of Samawah to purify water and rebuild schools and roads.

Japan was among the first to back the war that ousted Saddam Hussein. Many Japanese worry that cooperating with U.S.-led coalition forces in Iraq could make Japan a more likely target for terrorists.

"Be sensitive to their needs," said Samuels. "This is the first time that the Japanese military has been involved in a conflict since World War II. As you're out and about in Japan, I would attempt to avoid that subject matter."

Service members wishing to fly out of Japanese international airports such as those in Hiroshima or Osaka need to be prepared for longer waits due to the heightened security.

"They do random searches and inspections," Samuels said. "Be early, so if you happen to be caught into one, you don't miss your flight."

(Information from an Associated Press release was used in this story).



Torii Teller

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Women's Day



UNITED STATES MARINE CORPS
Marine Corps Air Station Iwakuni, Japan

Our history has been enriched with women whose lives and work have transformed our world and the ideas of their day.

For the women of the world, this day is an occasion to review how far they have come in their struggle for equality, peace and development.

March 8 has been designated as International Women's Day. The Marine Corps Community Services personal services division will offer a seminar that will include a women's forum, guest speaker, parade of countries and many other cultural activities. We will also cover the diverse and interlocking stories of women who have pushed against the political restrictions surrounding them.

The information provided during this seminar will be invaluable for all women aboard Marine Corps Air Station Iwakuni. This being the case, the seminar is a designated as an alternate work site for all military, civilian and Japanese personnel attached to the Station, with their supervisor's permission, and request that unit commanders also support this event.

The seminar will be held from 8 a.m. to 3 p.m. at the Club Iwakuni Ballroom.

COL. D. T. DARRAH
Commanding Officer MCAS Iwakuni

Schedule of Events for Monday

8-8:30 a.m.: Continental breakfast and icebreaker (famous women and large map)

8:30-9 a.m.: Introduction to the Day/ History of Women 101

9-9:30 a.m.: Parade of nations, international women and descriptions.

9:30-10 a.m.: Performance by Tashema Haynes – spiritual praise dancer

10-10:15 a.m.: Break

10:15-10:45 a.m.: Women in the present, introduce speaker...

10:45-11 a.m.: Women today in the military

11-11:30 a.m.: Clogging and Japanese dance – Fujima Shima, and Kimono dressing – Kawasaki

11:30 a.m.-1 p.m.: Lunch – free choice

1-2:30 p.m.: Women of the future, discussion topics and groups

Women's Month; a personal perspective, reflection

CAPT. VICKI FOSTER
Special to the Torii Teller

After more than 10 years, I am still serving proudly, grateful for the experiences I have been afforded and excited about the future.

Following my enlistment in 1993 and attaining the rank of sergeant, I became a commissioned officer in 1998 through the Meritorious Commissioning Program.

The opportunities for women Marines in today's Marine Corps are countless. The roles we play are

extremely valuable.

Regardless of what part of the world you look or what exercises are taking place, both real world and training, women Marines are there, doing what Marines do.

The Marine Corps has challenged me to do things I never thought possible. I have become a stronger, better person and now possess the confidence to achieve the goals I have set for myself and the challenges the Marine Corps has placed in front of me.

I appreciate the fact that the

Marine Corps does not make exceptions of why I should not or can not do something based solely because I am a woman.

Instead, it is expected, without question, that I overcome the same obstacles with which the male Marines face.

Because of this, I have learned to balance being a Marine, a Marine's wife, and a mother.

Not every day is easy, but the Marine Corps has provided me with the tools to be successful in all aspects of my life.

Commissary baggers looking for appreciation too

PAULETTE WATANABE
Letter to the Editor

We are Iwakuni residents.

We share community services and accommodations with you. Our children attend school with your children. Our spouses work with yours.

We are homemakers, mothers, grandmothers, students, bakers, golfers, bowlers, teachers, nurses, and hairdressers just like you.

We are your Department Commissary Agency commissary baggers.

We work only when we can, several times a week, and our only compensation is your tips.

We are not employees of the commissary, federal government, and military or of any organization.

It gives us pleasure to greet you daily and welcome the newcomers.

We want to provide professional bagging services to you; help you to your car (when requested), direct you to items you could not find, answer questions about your recipes and offer menu suggestions.

We will bag your groceries in plastic bags, paper bags, your own recycled bags, canvas bags, backpacks, coolers, boxes, strollers or any way you want!

We are a "family" of Iwakuni residents trying to make the quality of life better for everyone and would like to thank you for your friendliness, courtesies, and most of all, your generosity in making our bagging job a worthwhile and pleasant experience.

On behalf of all the baggers at your own Defense Commissary Agency, see you real soon.

Secretary of Navy visits Station

LANCE CPL. DAVID REVERE
Combat Correspondent

The Honorable Gordon R. England, Secretary of the Navy, visited the Station Feb. 25 for a brief tour of the facilities.

Upon arrival, England was escorted to the Station Operations Office, where he received an overview of the Station and current projects underway.

England expressed interest in the Iwakuni Runway Relocation Project, particularly the future commercialization of Marine Corps Air Station Iwakuni Airport.

"So far this all looks terrific," said England. "It's a great idea."

The 12-year program to relocate the runway one thousand meters further east into the ocean will grow the base by approximately 30 percent, according to Cmdr. Dave Sasek, Station Facilities officer, who briefed England. Sasek also mentioned that the process involved extensive negotiations with local city and prefecture officials.

"If you're able to successfully work out the way to do it, at the end of the day, you will have a vastly

superior base," said England.

England also toured Crash Fire Rescue and Marine Fighter Attack Squadron 212 facilities. Lastly, he met with Marines from the Single Marine Program.

"He seemed pretty interested in what we do over here," said Anthony Martinez, Hornet's Nest manager. "I just showed him the ins and outs of the things we do. He shook a couple hands and talked to a couple folks about how they liked the program."

England was confirmed as the 73rd Secretary of the Navy on Sept. 26, 2003 and sworn in on Oct. 1. He is the second person in history to serve twice as the leader of the Navy and Marine Corps, and the first to serve in back-to-back terms. Prior to his return to the Navy Department, he was the first Deputy Secretary of the Department of Homeland Security.

England served as the 72nd Secretary of the Navy from May 2001, until he joined the Homeland Security in Jan. 2003. As Secretary of the Navy, Mr. England leads America's Navy and Marine Corps and is responsible for an annual budget in excess of \$110 billion dollars and more than 800,000 personnel.



Lance Cpl. David Revere

The Honorable Gordon R. England, Secretary of the Navy, is greeted by Col. Dave Darrah, Station commanding officer.

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zens also. This makes it very easy for us to understand ourselves.

Question: As you are aware of, we recently had a curfew instituted due to the conduct of service members out in your city. Could you please give us your thoughts on the matter?

Answer: It is unfortunate that we had some incidents in our recent past and it was understandable of Col. (David T.) Darrah, Station commanding officer to take the action of imposing the curfew. We hope these kinds of incidents will never happen again.

The curfew on the U.S. military did affect some of the Japanese businesses. They complained to me. The commanding officer came and explained the situation to the owners. It was also the first time the CO had spoken to the Japanese owners and they were pleased with that.

Question: Do you have any suggestions regarding the incidents that occur out in your city?



Cpl. Joshua A. Roman

Iwakuni City Mayor Katsusuke Ihara looks on as Cmdr. Dave Sasek shows him the site where the new runway will be during a tour last year.

Answer: I know we have a lot of differences in our cultures and customs. We need to know these differences and understand them. You are all a part of Iwakuni and are considered citizens of the city. You must be responsible to yourself.

Question: Recently you visited Everett, Wash., what were some of

the things you enjoyed?

Answer: Everett is a sister city of Iwakuni. We built a small Kintai Bridge there at the community college. I also did some hiking with one of my American U.S. Marine friends on the beautiful snow covered Mt. Lena.

Also, while I was in America I tried one of your popular steaks and it was too much for me! I stayed in America only a couple of days but I gained some weight immediately.

Question: Do you have anything you would like to add?

Answer: It would be nice to see more young service members join young Japanese citizens in community projects that might serve to unify the two cultures. I would also like to invite all Station residents to the grand re-opening of the Kintai Bridge on March 20 at 1:30 p.m. The historic bridge recently underwent major reconstruction.

The city has many events planned and we hope to see all of you out there enjoying the opportunities your city has to offer.

IWAKUNI MAYOR BIOGRAPHY

- **Name:** Ihara Katsusuke
- **DOB:** July 7, 1950
- **Originally from:** Nishiki-cho, Kuga-kun, Yamaguchi-ken
- **Schools attended** Graduated from Tokyo University Law Department in 1976.
- **Career:** 1976 Joined the Ministry of Labor (April 1976) Nagano Prefecture Employment Security Sec. Chief (July 1983-March 1985) Foreign Service of-

ficer- Japanese Embassy in Thailand as a first secretary (March 1986-March 1989 (Private) Secretary to the Minister of Labor December (1989-November 1990). Ministry of Labor, Employment Security Bureau Operations and Coordination Section (July 1994-July 1996) Ministry of Labor, Labor Welfare Service Public Corporation, General Affairs Department head (July 1998)

- **Family:** Wife (Kazuko), one son

NEWS BRIEFS

PHARMACY REFILL

Pharmacy refill requests are done by telephone only. For refills, call 253-3014 and provide the following:

- ☎ your name
- ☎ last four of your sponsor's SSN
- ☎ prescription number (RXI...)
- ☎ work or home phone number

Your refills will be ready for pick-up the next work day. The pharmacy is close Friday at noon for Clinic training, and on weekends and holidays.

SPIRIT OF HOPE AWARD

Nominations are due, via the change of command no later than April 15 for submission of the Spirit of Hope Award to Headquarters Marine Corps. Any eligible nominees can submit packages to the Station Adjutant NLT Wednesday. The Spirit of Hope Award is presented to individuals who embody the values of the men and women of the military. The proposed recipient has contributed selflessly to the improvement of quality of life for Marines over an extended period of time.

CONSTRUCTION FENCE

A construction fence will be placed between the Contractor Gate and the housing area on the Northside of the Station from approximately Monday to mid-November 2004.

Recycling concerns Station

STORY AND PHOTOS BY
LANCE CPL. GIOVANNI LOBELLO
Combat Correspondent

"Open your wallets and take \$10 out, then throw it in the trash," said Cmdr. Dave Sasek, Facilities officer. "That is what the Station appears to be doing when they decide to throw away recyclable items into a normal trash can and not a recycling bin."

The Recycling Center, located in Building 725, is here to provide all Station residents with a site to recycle most of their used goods.

"People are taking the time to shred paper, which is not required for recycling purposes, but they are not making sure that it actually reaches the Recycling Center," said Ryan Leming, Station solid waste supervisor. "I sell the paper, so when people throw recyclables into dumpsters and it is collected by the trash contractor, we all lose out on proceeds for the Station."

The Recycling Center accepts just about any type of paper product that can usually be found in a household.

"If someone doesn't know whether or not something is recyclable they should call Leming at the recycling center at 253-3039 or check on the intranet at <https://intranet.iwakuni.usmc.mil/FAC/ENV/default.htm>," said Sasek.

"The Recycling Center does not accept glass or plastic materials, but please continue to segregate them for off-Station recycling efforts," added Leming. "We accept cardboard, scrap pieces of metal and any unsoiled paper. Unsoiled papers aren't only magazines; it also includes things like cereal boxes, food box material, books and etc. If anyone has scrap pieces of metal they need to dispose of, just stop by during working hours so we can assist you."



Pfc. Theng Vang, H&HS personnel clerk, empties the recycling bin from his work space into the recycling bins by Building one.



Bags of shredded paper was found thrown into a combustible trash can instead of the Recycling Center.

Leming started managing the qualified recycling program approximately two years ago. At that time minimal participation from Station residents was

present and the program seemed to be a waste.

An increase of recycling has been noticeable throughout the years since the program first started.

"When the program first started there wasn't much participation," said Leming. "But now after two years the participation has increased tremendously. We can give something back to the Station for their thoughtful efforts."

Because of recycling, funds have been able to go back into the Station to help with expenses.

"Recycling money comes back to the Station in the form of

Quality of Life improvements," said Sasek. "Over the past few years, we've been putting recycling money towards replacing all the old concrete bus shelters with new larger and better looking bus shelters. These provide better shelter for bus riders and they look better. By the end of this year, we will have funded replacement of all the shelters except those that are being moved as a result of ongoing construction; those will be funded later when the construction work is complete."

Recycling is important not only for those living in housing, but also for everyone on the Station.

"For those that do not recycle I highly encourage them to find out how much profit the base is losing as well as the ozone layer," said Staff Sgt. Tracey Nicholson, career planner.

"The Recycling Center has a 24-hour drop-off area in front of the Recycling Center," said Leming. "Also if the work areas need recycling bins just let me know and I'll do my best to provide them."

Simple steps to safer medical health care

COMPILED BY
BRANCH MEDICAL CLINIC

The Branch Medical Clinic will celebrate Patient Safety Awareness Week from Sunday to March 13. This week is a national observance dedicated towards education and awareness on how patients and staff can ensure safe health care.

You can help make the health care experience safer by becoming actively involved and informed about you and your family's health care. Here are few simple steps that you can take:

Ask questions and make sure you understand the answers. You as the patient have the right to know about your health care.

Know the medications you take. Keep a list of medications you are taking and be sure to include over-the-counter-medications like Motrin, vitamins or herbal supplements. Empty out your medicine

cabinets of old or expired medications. Make sure you know how much, when, and why you are taking the medication. When you get a prescription make sure it is the correct medication before you leave the counter.

Pay attention to your health care. If something does not seem right, tell your doctor or another health care professional. Make sure you get the prescribed treatment or medication. Make sure your identity is checked before you receive any medications or treatments. Hand washing is the most important way to prevent the spread of infection. Make sure your health care provider has washed their hands. Don't assume anything!

Patient safety is a priority at the Branch Medical Clinic. If you have any questions about patient safety, or request further information, please contact the Branch Clinic at 253-3379.

Nonjudicial Punishment

A private with Combat Service Support Detachment 36 was found guilty of two counts of Article 92 (underage drinking and violation of the liberty policy) Feb 23. The Marine will forfeit \$300.00 pay for two months, put on restriction for 25 days and given extra duties for 25 days.

On Feb. 26 a Marine Aviation Logistics Squadron 12 private was found guilty of violating Article 86, (Unauthorized Absence). Specifically in that the Marine failed to

return to her appointed place of duty and remained absent until approximately Dec. 5. The Marine also violated Article 87, (Missing Movement). The Marine, at San Diego, CA on or about Nov. 29, 2003, through design, missed the movement of her commercial flight to return to MCAS Iwakuni, Japan. The Marine forfeited half pay for two months, received 45 days restriction and 45 days EPD to run concurrently.

MOONLIGHTERS from Page 1

"The staff noncommissioned made things happen by setting up the bunkers that we worked in," added Waca.

The effort put into Operation Southern Frontier 2004 paid off for the Marines that participated.

"Australia was worth the trip

from Iwakuni," said Sgt. Chris Gieleroski, VMFA(AW)-332 career planner. "I would go back to Australia in a heart beat. The outback was a great experience and the people out there are very helpful. Australia is something that I recommend everyone to experience."

Women's Day celebrates achievement

LANCE CPL. DAVID REVERE
Combat Correspondent

The International Women's Day, recognized globally as a celebration of the economic, social, cultural and political achievements of women, will be observed March 8 at a special ceremony from 8 a.m. to 3 p.m. in the Club Iwakuni Ballroom.

According to the IWD Web site, the first IWD was held March 19, 1911 in Germany, Austria, Denmark and a few other European countries. German women selected this date because in 1848 the Prussian king had promised the vote for women on that day.

Now, IWD is always celebrated on March 8 and is an occasion marked by women's groups around the world. This date is also commemorated at the United Nations and is designated in many countries as a national holiday. Women from every country come together to celebrate this important date that represents equality, justice and development.

"As a woman from the United States, I feel blessed because I am allowed to have personal freedom and choices," said Lt. Cmdr. Michelle

Lukehart, Branch Medical Clinic women's health coordinator. "I look at women from other various countries and realize that many of them have to face everyday realities that I could never even begin to imagine."

The role of women in the military has been on the forefront of the women's equality movement in the past century.

"I am very proud of the fact that women can serve in just about every role the military has to offer," said Lukehart. "I am particularly proud of a certain group of Army and Navy nurses who called themselves the Band of Angels during World War II."

According to Lukehart, these nurses provided a moving example of the courage and determination of female service members. They chose to stay behind in the Philippines to



Lance Cpl. David Revere

Lance Cpl. Candice Woody, MALS-12 aviation mechanic, makes adjustments on an engine. Woody, who has been in the Marine Corps just under two years, said she loves the opportunity the military gives her to travel.

take care of their wounded soldiers, knowing full well that they would either be captured and held as prisoners of war or killed.

"They saved many lives and went through hell but never failed to lose

their focus on the mission at hand," said Lukehart. "They were eventually captured and held as POW's for more than a year. They say that it was a miracle that none of them died as many were starving to death and falling ill to various diseases themselves."

Lukehart said that throughout it all, the Band of Angels never lost hope. All the military nurses that stayed behind lived to tell their miraculous story.

The stories of heroic women like these will be celebrated in the upcoming seminar.

"The seminar will include a women's forum, a guest speaker, a parade of countries, and many other

cultural activities," said Col. Dave Darrah, Station commanding officer. "We will also cover the diverse and interlocking stories of women who have pushed against the political restrictions surrounding them."

Girl Scouts of America taste different cultures

LANCE CPL. GIOVANNI LOBELLO
Combat Correspondent

Girls from the age of 5 through 17 that claim to have nothing to do now can now spend time with an elite group of peers.

The Girl Scouts of the United States of America are for girls from the ages of 5 through 17.

The U.S.A. Girl Scouts Overseas Iwakuni held their annual World Thinking Day. The Daisies, Brownies, Junior and Cadette girl scouts collectively put in an immense amount of time and hard work to make this event special.

"The troops started preparing for this event approximately two months ago," said Patti Turner, overseas committee chairman. "Each troop was given a random country and it was then up to them to research the Girl Scout program from that specific country."

Besides researching the different Girl Scout programs, added tasks were given to each troop.

Each troop brought a native food from their respective country, and they also put on a demonstration or told facts about the country, said Turner.

"One of the memorable displays that we saw were from the troop that had Mongolia," added Turner. "They managed to bring an actual Mongolian style house."

"My favorite part of the day was eating the different foods from each country and learning about them," said 8-year-old Anne-Marie Davis Clark.

In addition to the food tasting and demonstration that each troop put on, passports were handed out to each of the girls.

"The girls were handed passports and then traveled to different countries and received a stamp



Staff Sgt. Chad George

Ava Idland, Lauren Mosley, Gemma Garlisch, Sydney Turner and Hannah Johnson sit patiently in front of the Thailand display waiting for the rest of the scheduled events to take place.

from each one," said Turner. "The passport thing was used when I first got here and I thought it would be a good idea to bring it back."

Another change that was made to the annual event was the inclusion of a friendship salad instead of the traditional candle ceremony.

"The candle ceremony at times can be long and makes the girls uneasy. The friendship salad is a simple, quick ceremony," said Turner. "Each troop dumps different fruits into a bowl. This is a way to remember the girl scouts from around the world."

After starting World Thinking Day with the friendship salad, the action-packed day was summed

up with the individual troop performances.

With only 65 Girl Scouts, the program is struggling compared to last year's amount of 100 girls. Added participation was encouraged from the overseas committee chairman.

"We lost a lot of our members with the permanent change of station taking away a major part of our members," said Turner. "New girls are always encouraged to sign up and join one of our troops here. It doesn't matter what time of the year new members are more then welcome to participate at any time of the year."



The Seabee Memorial stands in an Arlington, Va. cemetery and reads, "With willing hearts and skillful hands, the difficult we do at once, the impossible takes a bit longer. With compassion for others, we build, we fight for peace with freedom."



Seabees and contractors carefully remove the historic display Seabee from its pedestal in front of Camp Moscrip, Iraq. The metal bee was originally placed there by NMCB-4's Bravo Company in June 1982.



Seabees over-tasked for a full six-month deployment, completed a third of a normal-sized battalion and in half the time. Essential operations. The project proved again that Seabees continue to be in any place on earth.



A Seabee deployed to Iraq smooths out a patch of concrete during their project to build a launching pad.

Celebrat

COMPILED BY SEABEES

From World War II to Operation Iraqi Freedom, the Seabees were an integral part of the operations that involved constructing numerous camps, airstrips, supply roads and humanitarian projects.

In December 1941, Rear Adm. Ben Moreell (Father of the Seabees), Chief of the Navy's Bureau of Yards and Docks, created the Naval Construction Force.

The earliest Seabees were recruited from the civilian construction trades and were placed under the leadership of the officers of the Navy's Civil Engineer Corps. Because of the emphasis on experience and skill, the average age of Seabees during the early days of the war was 37.

In addition, most Seabees were volunteers, since all construction trades were exempted from the draft due to their trade skills. More than 325,000 men served with the Seabees in World War II, fighting and building in six continents.

In the Atlantic during the D-Day landing at Normandy, some of the first personnel to go ashore were the Seabees. They were organized into teams to create avenues of approach in the thousands of barricades that were preventing the landing ships from hitting the beach. They suffered numerous



Photos courtesy of Seabees

Seabees deployed to Iwakuni pour steel in a canopy project in one of the many jobs ongoing around the Station in hopes to improve the quality of life here.



Completed a pad for Marine Corps jets to land on in true Seabee fashion by using only Essential aircraft now have a place in a vital location to land during theater flight inue to follow their tradition building something from nothing, with heart and sweat



From small jobs to big jobs, Seabees are known for getting the job done. Their legacy was first established 1941 and continues to grow with every construction site complete and every mission met.

ating 62 years of faithful service

casualties as daylight gave away their positions, but the teams completed what they set out to do.

In the Pacific, where most of the construction was needed, the Seabees landed soon after the Marines and built major airstrips, bridges, roads, warehouses, hospitals, gasoline storage tanks and housing.

The Korean Conflict saw a call up of more than 10,000 men. The Seabees landed at Inchon with assault troops. They fought enormous tides as well as enemy fire and provided causeways within hours of the initial landing. Their actions at Inchon and other landings demonstrated their versatility.

During the Vietnam War, the Seabees were primarily builders and instructors. Seabee team members were sometimes directly involved in battle. In June 1965 at Dong Xoai, Navy Construction Mechanic 3rd Class Marvin G. Shields was posthumously awarded the Medal of Honor for conspicuous gallantry in carrying a critically wounded Army Special Forces soldier to safety and in destroying a Viet Cong machine gun emplacement at the cost of his life. Not only was Marvin Shields the first Seabee to win the nation's highest award,



but he was also the first Navy service member to be so decorated for action in Vietnam.

After Vietnam, the Seabees continued with constructing and repairing bases worldwide.

In 1971, the Seabees went on to construct the \$200 million base known as Diego Garcia in the Indian Ocean. This project took 11 years. This base proved invaluable when Iraq invaded Kuwait in August 1990 and operation Desert Shield and Desert Storm were launched.

During the Gulf War, more than 5,000 Seabees (4,000 active and 1000 reservist) served in the Middle East. In Saudi Arabia the Seabees built 10 camps for more than 42,000 personnel, 14 galleys capable of feeding 75,000 people, and six million square feet of aircraft parking apron.

After Sept. 11th during the Afghanistan War, the Seabees were forward deployed Kandahar. Throughout the region they were establishing base camps, repairing water supply points and repairing aircraft runways out of anything they could find. While back in Guantanamo Bay, Cuba, they also were busy helping construct detention facilities, Camp X-ray, for the incoming Taliban and Al Qaida prisoners.

Before the buildup of forces in the Gulf, the Seabees were already there preparing an aircraft parking apron staging area for the hundreds of aircraft that were due to arrive in Kuwait. One of the projects consisted of an aircraft parking apron that was the largest single battalion concrete project since World War II.

Operation Iraqi Freedom marked the first time that construction forces operated not from a fixed location, but from behind the Marines as they advanced across the battlefield.

"They proceeded into the most dangerous combat area since Vietnam," said Rear Adm. Charles Kubic, Commander of the First Naval Construction Division.

The Seabees were tasked with numerous projects. One was building a bridge over the Tigris River, which was the only bridge for 100 kilometers, in order to restore the city's vital commercial link. It was the main route for locals to reach the hospitals. Several units have received the Presidential Unit Citation Award for their roles in OIF.

In peacetime, the Seabees have provided quality construction projects for military bases and local communities around the world.

In peace and in war they have lived their motto, "Can Do."

T-Bolts show volunteer spirit in Korat

STORY AND PHOTOS BY
LANCE CPL. C. ALEX HERRON
Combat Correspondent

KORAT, Thailand-Three maintenance Marines from Marine Fighter Attack Squadron 251 took part in a culture exchange when they went to a local high school here to help students with their English skills, Feb. 18.

The Marines, along with Air Force and Singaporean service members, traveled to the Swathampitak School to assist the students with their English studies.

"We go to the school to give students a chance to use their English skills they might otherwise never use outside of school," said Air Force 1st Sgt. Richard Coyle, Cope Tiger first sergeant. "We are there everyday to help the students study for their final exams in late February."

The school of over 2,400 students and 140 faculty teaches grades seven through 12. As soon as the students

start at the school, they begin English classes until they finish high school.

"Many of the younger students are shy at first, because they never use their English outside of the classroom," said Mark Trachtendarg, English teacher, Swathampitak School. "After the Marines and Airmen begin asking questions, it doesn't take long for the students to open up and begin to use their skills."

The Marines who took time out of their schedule to lend a hand also got something out of the experience.

"It feels good to have helped out," said Cpl. Joshua Ryan, electric shop, VMFA-251. "I hope I helped them in studying for their exams."

Some of the Marines left the school impacted more by individual students rather than a particular class.

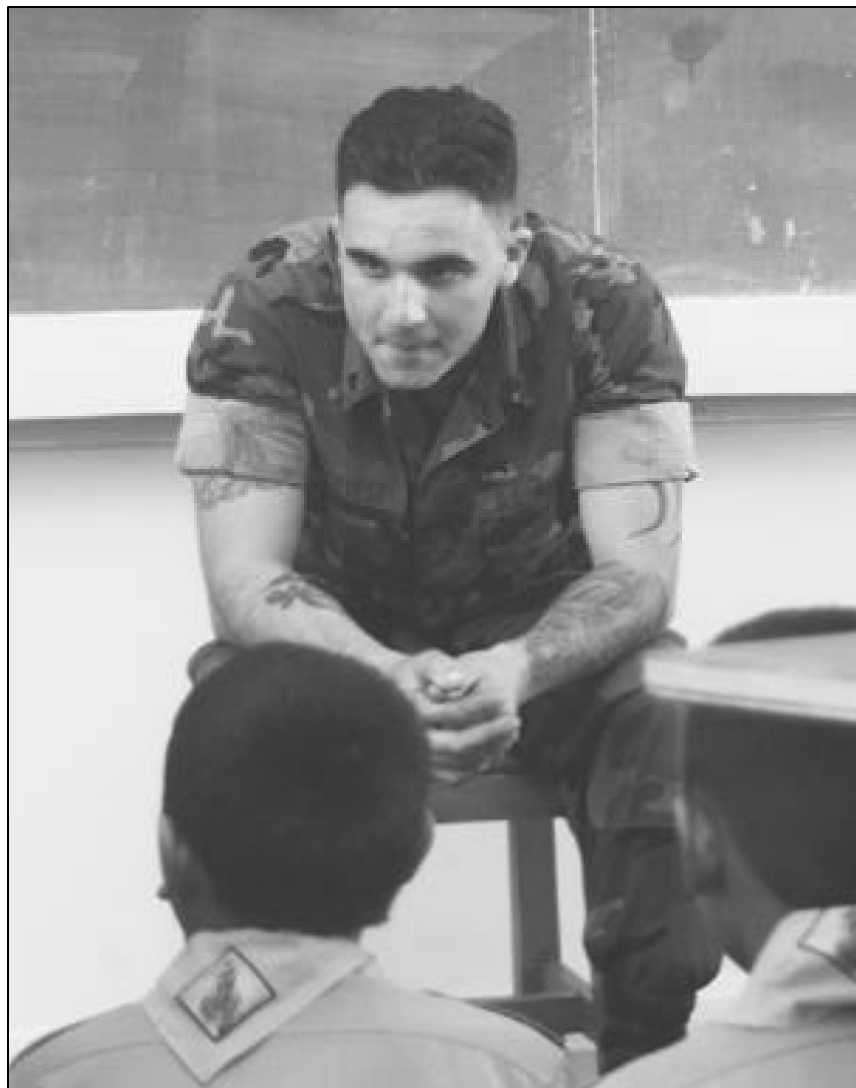
"There was one eighth grader who was surprisingly knowledgeable of the English language," Ryan said. "She understood everything I said and was really into just sitting and talking to me."

Besides the day at the high school with the English classes, the Thunderbolts have been sharing their volunteer spirit throughout their time in Thailand.

"We had Marines, along with Airmen from the Singapore, Thailand, and the U.S. go to Bon Bungtakla Elementary School in Korat to drop-off desks, chairs and DVD players that were provided by the Air Force," said Cmdr. Donald Troast, Marine Aircraft Group 12 group chaplain. "The Marines played with the children and even served them lunch. Everyone, from the teachers to the students were genuinely gracious and excited about us being there."

With many different volunteer projects going on during Operation Cope Tiger, the Thunderbolts have more opportunities to showcase their ambassadorship in and around Korat.

"Volunteerism is an important part



Cpl. Joshua Ryan, VMFA-251 electrician, talks with students at the Swathampitak School in Korat, Thailand, Feb. 18.



Lance Cpl. Scott R. Weideman, MALS-12 cryogenics technician, volunteers to serve hot food to hungry students at the Ban Bungtaklo Elementary School in Korat, Thailand, Feb. 16.

of what we are doing," said Lt. Col. Thomas "T.C." Clark, VMFA-251 commanding officer. "Obviously our primary mission is flying and training, but we are also ambassadors of the United States. The Marines like to get out among the locals, especially children. I'd like to see all of our Marines get an opportunity to volunteer in the surrounding community. I have yet to see a Marine come back without a smile on their face and glad they helped out."



Marines with VMFA-251 talk with Thai children in hopes of encouraging their efforts to learn the English language.



OUT THE GATE

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

Yanai "Parasol Shop" Flea Market

A flea market is scheduled March 14, 10 a.m. to 4 p.m. in Yanai City. There will be 20 to 30 shops selling toys, recycled items, clothes, stationeries, snacks, drink and more. Each shop sets up a parasol along the street in front of JR Yanai Train Station. It may be cancelled in case of

poor weather. For more information, call 0820-22-3731.

Zeranium Display

There will be a display of approximately 300 kinds of zeranium at Hiroshima Botanical Garden until April 25, 9 a.m. to 4 p.m. It is closed on Fridays. Call 082-922-3600 for more information.

Bamboo Masterworks; Japanese Baskets From The Loyd Cotsen Collection

There is an exhibition of bamboo art now through March 28, 9 a.m. to 5 p.m. at Hiroshima Pre-

fectural Art Museum. Over 106 works of art from the Cotsen's collection will be displayed. Admission fee is required. The museum closes Mondays. Call 082-221-6246 for details.

Hina Doll Cast Away Ceremony

This event will take place by the Ryogoku Bridge in Otake, Sunday at 10 a.m. People will shape carriers from straws and girls will cast away their hand made hina dolls on them. This ceremony will be held in order to wish for the girls happiness and health. For more information, call 53-5800.

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

Mitsubishi Mirage, 1989, 2 door, JCI until Oct. 2004, \$800 obo. Call Kris Gerber at 253-3989 dwh or 253-2030 aw.

Mitsubishi Diamante, 1994, 4 door, charcoal grey, Kenwood CD player, excellent condition, Electric moon roof, ground effects, must sell, JCI until May 2005, \$2,500 obo. Call Seth Hartz at 253-6377 dwh or 253-2628 aw.

Honda Legend, 1989, 4 door, CD player, excellent A/C, cruise control, well maintained, JCI until April 2005, \$1,400. Call Seth Hartz at 253-6377 dwh or 253-2628 aw.

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

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 aw.

Toyota Surf, 1992, excellent condition, \$3,000 or \$3,995 with 2 years JCI. Call Sean at 253-5549 dwh or 253-2291 aw.

Harley Davidson Tour Glide Classic, 1988, mint condition, well maintained, cared for 2nd

owner private ride, \$8,500 obo. Call Sean at 253-5549 dwh or 253-2291 aw.

Nissan Cedric, 1992, excellent condition, \$1,500 or \$1,995 with 2 years JCI. Call Sean at 253-5549 dwh or 253-2291 aw.

OTHER ITEMS

Misc., Ashley furniture, couch, love seat and bench craft recliner, \$1,000. Call Sean at 253-5549 dwh or 253-2291 aw.

Misc., baby swing, Peter Rabbit mobile, bounce chair, infant car seat, play yard, snugli carrier, portable swing, walker, bath tub, ball dresses, wedding dress, maternity formal.

Call Jodi at 253-2088.

Misc., Graco Pack-n-Play, \$20; bike child seat, \$10; misc. items for baby & size 12 months girls clothes, some items free. Call Rose at 253-2168.

Misc., kitchen table, all natural solid wood, rectangular butcher block table, 4 Windsor chairs with spindle back and legs, 48" 1x30"w, \$80. Call Amy Jecheva at 253-5023 dwh or 31-8617 aw.

Misc., Sony MVC-FD85 digital Mavica, digital camera with carrying case, \$350 obo; Panasonic VCR \$100; JVC 3 disc DVD Player, \$150; large Pooh Bear, 9,500 yen or \$90. Call

Linda Kostelny at 253-3278 dwh or 090-8608-3799.

Misc., 16" girls bike brand new still in box, \$65; baby swing with mobile like new, \$30; Eddie Bauer infant seat, play mat, buoyancy seat, baby boy clothes 0-12 months, and a lot more baby item the Call Misty at 253-2113.

JOB OPENINGS

CHRO (253-6828)

DeCA:
-Sales Store Checker (Intermittent)

-Materials Handler (Intermittent)

Clinic:
-Social Worker

BPO:
-Management and Program Analysis Officer

MCCS (253-3030)
(The following jobs are open at MCCS Personnel)

MCCS Job Listing:

-Head of Retail
-Retail Area Supervisor,

civilian only
-Procurement Assistant, civilian only
-Purchasing Agent, civilian only
-Basic Replenishment Clerk, civilian only
-Leisure Travel Assistant, civilian only
-Sup. Vending Specialist, civilian only
-Club Operations Assistant, civilian only
-Catering Manager
-Operations Assistant, civilian only
-Program Assistant, civilian only
-Program Leader, civilian only
-Operations Assistant, civilian only
-Recreation Assistant, civilian only
-Maintenance Supply Technician, civilian only
-Equipment Inv. Assistant, civilian only
-Employee Development Assistant, civilian only
Go to <http://www.mccs-iwakuni.com> for a complete job listing.

MOVIE SCHEDULE

FRIDAY

11 a.m./5 p.m. 8 Crazy Nights (PG-13)
2 p.m./8 p.m. Two Weeks Notice (PG-13)
11 p.m./5 a.m. Shaft (R)
2 a.m. Sorority Boys (R)

SATURDAY

11 a.m./5 p.m. Doctor Dolittle 2 (PG)
2 p.m./8 p.m. The Transporter (PG-13)
11 p.m./5 a.m. The Talented Mr. Ripley (R)
2 a.m. Face/Off (R)

SUNDAY

11 a.m./5 p.m. Rugrats Go Wild (PG)
2 p.m./8 p.m. S.W.A.T. (PG-13)
11 p.m./5 a.m. Jerry Maguire (R)
2 a.m. Silence Of The Lambs (R)

MONDAY

11 a.m./5 p.m. Alex & Emma (PG-13)
2 p.m./8 p.m. Undercover Brother (PG-13)
11 p.m./5 a.m. Sum Of All Fears (PG-13)
2 a.m. The Watcher (R)

TUESDAY

11 a.m./5 p.m. Little Mermaid (G)
2 p.m./8 p.m. Dickie Roberts (PG-13)
11 p.m./5 a.m. Story Of Us (R)
2 a.m. Red Dragon (R)

WEDNESDAY

11 a.m./5 p.m. Someone Like You (PG-13)
2 p.m./8 p.m. Tommy Boy (PG-13)
11 p.m./5 a.m. Terminator 3 (R)
2 a.m. Wishful Thinking (R)

THURSDAY

11 a.m./5 p.m. Stealing Harvard (PG-13)
2 p.m./8 p.m. Reversal (PG-13)
11 p.m./5 a.m. Mr. Deeds (PG-13)
2 a.m. Three Kings (R)

SAKURA THEATER



MONA LISA SMILE

1953 America was a time ripe for change for women and when Katherine Ann Willis arrives to teach Art History at Wellesley College, she finds the institution drowning in outdated mores. While the nation struggles with the fears that accompany a shifting political culture, the powers that be at Wellesley seem to want to re-corset the women who had been the backbone of the World War II workforce just a few years earlier (125 minutes).



HOUSE OF SAND AND FOG

Massoud Amir Behrani is living a lie to fulfill a dream. Once a member of the Shah of Iran's elite inner circle, he has brought his family to America to build a new life. Despite a pretense of continued affluence, he is barely making ends meet until he sees his opportunity in the auction of a house being sold for back taxes. It is a terrible mistake. Through a bureaucratic snafu, the house has been improperly seized from its rightful owner, Kathy Lazaro (126 minutes).



50 FIRST DATES

Henry Roth, a veterinarian at an aquarium in Hawaii, falls in love with a girl, Lucy, with short-term memory loss, but he has to keep getting her to fall in love with him every time they meet in order for them to have a relationship, since she never remembers the last time she met him (106 minutes).

FRIDAY

7 p.m. Mona Lisa Smile (PG-13)
10 p.m. House Of Sand And Fog (R)

SATURDAY

10 a.m. URA Star Talent Show tryouts
4 p.m. Disney's Teachers' Pet (PG)
7 p.m. 50 First Dates (PG-13)
10 p.m. House Of Sand And Fog (R)

SUNDAY

4 p.m. Peter Pan (PG)
7 p.m. Welcome To Mooseports (PG-13)

MONDAY

7 p.m. Matthew C. Perry High School Spring Concert

TUESDAY

7 p.m. Paycheck (PG-13)

WEDNESDAY

6 p.m. URA Star Talent Show tryouts

THURSDAY

7 p.m. Miracle (PG)

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

COMMUNITY BRIEFS

EDUCATION

Test Schedule

Tuesdays/Fridays - CLEP, DSST

March 17 - ACT

March 18 - SAT

March 22 - EDPT, DLAB

March 24 - DLPT

March 25 - AFCT

For more information call 253-3855.

CHRO

CHRO Training

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

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

■ **Outbound Family Member Priority Placement Program Brief:** Wednesday, 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 Resolution:** 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.usmc.mil. Classes will be held at Building 1, Room 102, CHRO training room.

MCCS

CRMC Classes (253-6439)

■ **Transition Assistance Seminar:** Monday through March 12, 8 a.m. to 4:30 p.m.

■ **DoD Federal Employment:** Tuesday, 9-10:30 a.m.

■ **Teaching English For Profit:** Thursday, 1-2:30 p.m.

Club Iwakuni (253-3119)

■ **International Women's Day Celebration:** Monday, 8 a.m. to 3 p.m. in the Club Iwakuni Ballroom.

Single Marine Program (253-4656)

■ **Hiroshima Peace Park & Shopping:** March 13, 10 a.m. \$10 transportation and extra yen for the museum, lunch

and shopping.

■ **Blitz Tournament:** March 14, 6 p.m. Free entry for teams of two. Great prizes for first, second and third place winners.

■ **Pool & Dominos Tournament:** March 20, 6 p.m. Free sign up for these single tournaments.

Hot Food Counter

Now available at the Southside 7-Day Store, hot dogs, nachos, and chili & cheese.

Japanese Tea Ceremony Class

March 15, 1-3 p.m. (tentative date) Sample green tea and explore this traditional Japanese pastime. Call 253-6165 for details.

Using Credit Wisely

March 17, 11:45 a.m. to 1 p.m. Learn the basics of establishing, using and shopping for credit. A discussion about credit reporting agencies and credit scoring will be included. For more information, call 253-6352.

Craft Fair & Flea Market

March 20, 8 a.m. to 2 p.m. at the MAC Dome. Reserve a table for \$5 by calling 253-6621. Fair is open to the Station residents, family members and local Japanese residents. Yen and U.S. dollars are accepted.

COMMUNITY

Parent Advisory Board Meeting

This meeting is scheduled at Teen Center, Tuesday, 6:30-8:30 p.m. Come out and voice your concerns or comments on teen issues local or national, and proposed changes at the Teen Center. Open to parents of youth 10-18 years-old. For more information, call 253-4803/6454.

University Of Maryland

Term IV registration is March 15-26. Term dates are March 29 through May 22. Course offerings include Marketing, Life in the Oceans, Human Biology and more. Students must take the placement exams prior to enrolling in Math or English. Call 253-3494 for additional information.

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.

Thrift Store

The Thrift Store is open Mondays from 10 a.m. to 2 p.m., Wednesdays from 5-8 p.m. and the last Saturday of each month from 9 a.m. to 12 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 (TM) International provides an excellent opportunity to learn and practice proper public speaking and invaluable leadership skills. The TM experience also looks very good on your resume. The class meets every 2nd Thursday evening and 4th Friday at lunch. Japanese with intermediate or better English skills are welcome. Call Nancy Regan at 253-4557 or Sallie Donahue at 253-5328 for more information and location.

Antiques And Furniture Sale

The American Red Cross is sponsoring Sophie's Chinese Antiques and Furniture sale, Saturday and Sunday. Tansu, chairs, chests, baskets and fine hand knotted Persian carpets will be in the Matthew C. Perry High School cafeteria. All funds raised from this sale will be used to support the American Red Cross community and volunteer programs on the Station. Volunteers are needed. Call 253-3839 for more information.

Prayer Luncheon

There will be a prayer luncheon on March 12, 12 p.m. at the Southside Chow Hall. Rear Adm. Robert F. Burt, the Chaplain of the Marine Corps, will be the guest speaker. He will be visiting Iwakuni Sunday and Monday.

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.



Photo courtesy of Coral Sea Skydivers

Marines Takes Leap of Faith

While in Australia, Marines had the opportunity to unleash a little bit of their wild side. Lance Cpl. Rodolfo Espinoza, a Marine Aviation Logistics Squadron 12 mechanic, on his day off decided to test his limits and jump out of a moving airplane. At an altitude of approximately 12,000 feet, skydiving served as a great stress reliever during the deployment.

'Magic shoes' make a difference on health

This is the 2nd story in a three part series on running.

CPL. ROBERT W. WYNKOOP
Combat Correspondent

Officials have announced, recruits at Marine Corps Recruit Depot San Diego, Calif., are participating in a test of a new running shoe that may possibly replace the 10-year-old version currently used.

However, for those who have completed recruit training and will not be issued the new silver and gray shoes that come specifically fitted to the foot through computer analysis, the old fashioned way of finding the right shoe will have to do for now.

According to Navy Lt. Phillip Hanson, Branch Medical Clinic, physical therapist, purchasing the right running shoe is key in preventing injury and improving the overall running experience.

The first step in buying a running shoe is to assess the current shape of one's current issue. If there is any doubt on whether the shoe is still good, Hanson explains it probably isn't.

"Every mile you put on a shoe, you're breaking down the properties you initially bought it for," Hanson explained. "Also, if you have a pair of shoes that you run in, you shouldn't go out (on liberty) in the same pair. People should have a pair for running and other shoes for just walking around."

After the assessment, Hanson said it should be easy to tell if a sneaker is ready for a marathon or ready for the dumpster.

Once a consumer has made up his mind to purchase a quality shoe, the Midwestern University grad, Hanson, said they should be prepared to spend the money for the best shoe available.

"There's no price tag to your health," Hanson said, "and shoes do about 99 percent of the work in absorbing the initial impact of running. There's no reason to be cheap."

Hanson recommends an odd first step in getting that perfect fit, but he explains it makes a difference in getting the perfect shoe.

"I always tell people to get a piece of construction paper and put it on the floor. Then dip your foot in water and step on the paper. This will give you an idea of what type of foot you have."

Hanson said there are three main "types" of feet. Any quality running shoe will work for the first type of foot that Hanson said is the most

common and normal shape.

A normal footprint will have an average sized arch and show the forefoot and heel connected by

an even broad band.

Another type of foot that requires a more specific type of shoe occurs when the runner has a higher arch. The band connecting the forefoot and the heel to be very thin or even nonexistent. If you use Hanson's construction paper technique and see this then it tends to indicate that your foot is underpronated (supinated) and is not as effective in displacing the impact resulting from running. Runners with this type of foot are encouraged to purchase a shoe designed specifically to help absorb impact on the outside of the foot.

The third type of foot is "flat feet." The low arch in this foot type is usually associated with overpronation. When running with flat feet the foot strikes on the outside of the heel and rolls inwards too far. If this is allowed to continue it can cause many different types of injury, Hanson said. Shoes with technology called "motion control" are the best defense of flat foot related injuries, Hanson said.

In addition to finding the right shoe with a foot type, Hanson suggested consumers wait until the end of the day to purchase a shoe.

"Your feet tend to be the biggest toward the end of the day. Don't go shopping until at least four or five o'clock.

"Also, don't be afraid to try the shoe out. You're going to be wearing them for a while, so walk around the store a couple of times - maybe even jump up and down a few times," he said.




Function over fashion is another hallmark of picking the right shoe, Hanson tells his patients. It doesn't have to look pretty, he said a shoe should do its job.

"Think of your foot like a strut on a car. The impact goes from foot to ankle then to the knee and all the way up. A good shoe will ease that shock."

Once a runner has purchased a correct shoe, Hanson said the insoles should be changed around 500 miles, and once the mileage hits a grand the runner should hit the road and purchase a new pair.

"Every mile you put on a shoe, you're breaking down the properties you initially bought it for."

Navy Lt. Phillip Hanson

Foot facts		
Foot type	What this means	Look for shoes with these features
 Neutral	You have neutral arches: not too flat, not too high. Neutral feet land on the outside of the heel and roll inward to absorb shock.	Medium control, cushioning
 Flat	Flat feet land on the outside of the heel and roll inward excessively. Over time, this excessive rolling of the foot may contribute to many kinds of overuse injuries.	Motion control to minimize the natural inward roll of your feet
 High arches	Feet with high arches generally don't roll inward enough, leaving them without built-in shock absorption.	Cushioning to compensate for your lack of natural shock absorption

IWAKUNI SPORTS SCENE

ANNUAL MATCH PLAY CHAMPIONSHIP

April 3 to May 2, 8 a.m. Station residents, JMSDF, IHA and MLC workers, and their families compete at Torii Pines Golf Course. Sign-up for \$20 before March 28, 5 p.m. For more information, call 253-3402.

MADNESS H2O UNIT PT "5 ON 5 WATER BASKETBALL" CHALLENGE

Units are invited to IronWorks Gym Indoor Pool for a free PT challenge March 19, 1-4 p.m. Teams must consist of six people: five players and one substitute. Open to military units and JMSDF members only. For more information, call 253-4966.

MARTIAL ARTS SEMINAR

March 26, 5-9 p.m. at IronWorks Gym. Learn techniques from World Champion Howard Jackson. Sign-up is free at the front desk. Children

under 16 must be accompanied by a parent. Participants are advised to wear fitness attire or a martial arts uniform. Call 253-6359 for more information.

VARSITY SOFTBALL TRYOUTS

March 20, 10 a.m. at the parade deck in front of Building one. Call 253-5777 for more information.

OPEN PRESEASON SOFTBALL TOURNAMENT

March 27. Call Mr. Carr at 253-5777 for details. Intramural softball begins April 5.

FAMILY APPRECIATION DAYS

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



PMO blasts competitors in annual competition

STORY AND PHOTOS BY
LANCE CPL. GIOVANNI LOBELLO
Combat Correspondent

Singing cadence in a formation run throughout the Station is a common scenario for physical training here.

But now, is PT limited to a three-mile run, crunches and traditional pull-ups.

That was the case for the six teams who participated in the annual Unit PT Paintball Challenge.

Twelve teams stepped out onto the paintball field with one thing in mind—beating the rest of the opponents and becoming paintball challenge champions of the year.

Only one team's goal was met as, the Provost Marshal's Office was crowned this year's Paintball Challenge champion.

The competition consisted of eight-man teams. Safety was a key concern for players as masks were issued, paintball markers and ammunition.

To some paintball enthusiasts this was just another chance to relieve mounted stress built up from the everyday bump and grind.

"This is a nice and safe way to take out a little aggression while having fun at the same time," said David Haess, Naval Mobile Construction Battalion Squadron player.

The Station Paintball Range, though small in size, still provides an accurate account for a typical paintball session.

"I have played before and this field is very nice for the number of people on the field and the available running space," said Heiss.

Heiss described the scenario

before being eliminated, preventing him to help the rest of his team abolish the opposing team.

"I crossed the benjo ditch and hid behind a wall of logs. Then I leaned out and as I did that, I got lit up with paintballs."

For players, safety goggles here provided to the players preventing any injuries from the oil based paintballs.

Weapons firing at 220 feet per second are available adding another safety feature to the paintball experience.

"A weapon with capabilities above 300 feet per second or higher can be harmful to those participating," said Payton.

For first timers, only \$20 are needed for one session. The \$20 will provide goggles, air markers and a full air tank.

The paintball range is available Saturday and Sunday between the hours of 10 a.m. through 4 p.m.

For more information or to reserve a paintball session during the week-day, contact 253-3822.



Rex Rhode, paintball player with CSSD-36 blasts away at the enemy during the Unit PT Paintball Challenge Feb. 26. Rhode enjoyed getting into a concealed and comfortable position in an attempt to pick-off the unknowing enemy.



Andy Nguyen, paintball player with MACS-4 leans out of concealment with the intent to beam the enemy with a plastic covered paintball. The paintball moves at approximately 220-feet per second, but breaks on impact to prevent injury.



The Unit PT Paintball Challenge is an annual event involving six teams made up of eight-man teams all competing to be crowned champion.