

# Torii Teller

VOLUME 49 NUMBER 13

MARINE CORPS AIR STATION IWAKUNI, JAPAN

APRIL 2, 2004

## Citizenship speeds up for military

GERRY J. GILMORE

American Forces Press Service

WASHINGTON, Feb. 24, 2004— Foreign-born service members can now speed up the process to obtain American citizenship.

The immediate eligibility for service members to become a naturalized citizen is based on Executive Order 13269 signed by President George W. Bush on July 3, 2002. Section 329 of the 8 U.S. Code allows the president to authorize expedited citizenship during periods in which the United States is engaged in armed conflict with a hostile foreign force.

For example, members who have served honorably for any period of time beginning on or after Sept. 11, 2001, are eligible to apply for expedited U.S. citizenship, Air Force Col. Michael A. Pachuta, director of the Department of Defense's Morale, Welfare and Recreation policy office, told American Forces Radio and Television Service during a Feb. 20 interview.

The peacetime waiting period is shortened to one year of honorable service, thanks to the fiscal 2004

see CITIZENSHIP Page 4

## Training in the shadow of Mt. Fuji

CPL. RANDY L. BERNARD

Combat Correspondent

CAMP FUJI, Japan — Marines from Marine Wing Support Squadron 171 took to the hills this week in 20-degree weather in support of Exercise Foal Eagle at Camp Fuji.

The purpose of the training exercise was to split the squadron into three fully operational groups. One group deployed to Korea, one to Camp Fuji, and the rest of the squadron remained in Marine Corps Air Station Iwakuni, Japan to practice operating under minimal staffing.

While the Marines trained in Korea, the group supporting Foal Eagle in Camp Fuji established communication with them. After communication was in place, the remainder of the exercise included combat training with the Marines enhancing their proficiency at defending a forward operating air base.

"It was good to go and realistic," said Sgt. Jeffrey M. Raggi, MWSS-171 motor transport operator. "In combat everyone is going to be moving in different directions and they have no clue what's going on. Then the directions change in the blink of an eye. You have to know how to adapt and overcome."



Lance Cpl. Brian Henner

Marine Wing Support Squadron 171 Marines exit an Army UH-61 Black Hawk to establish a defense during Exercise Foal Eagle at Camp Fuji, Japan.

Marines deployed to Foal Eagle Fuji sharpened their skills with rifles, shotguns, automatic machine guns, hand grenades, and even had the opportunity to cross train with artillery batteries already in place at Camp Fuji. They had the opportunity to train with Army UH-60 Blackhawks from Camp Zama, Japan.

Raggi, a Kissimmee, Fla. native, added this cross-training is what made everything so realistic.

"Doing joint training during an exer-

cise lets you know how it would be in an actual combat situation," he said. "Marines from a support squadron got to go out to a ground unit such as the 12th Marines and get some joint training and see how the regimental units actually do combat training."

Along with weapon skills, the Marines set up a base camp, conducted land navigation, conditioning hikes, and squad and fire team movements to keep up with their basic Marine training.

## INSIDE

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A Marine convicted of attempted rape resulting in injury, warns Marines.

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Utilities platoon powers up Korea  
Exercise Foal Eagle is ongoing, with Marine Wing Support Squadron 171 leading the way with utilities.

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### IWAKUNI WEATHER



Today  
Rain  
High: 62



Saturday  
Partly Cloudy  
High: 63



Sunday  
Rain  
High: 59

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

## Station bicyclists heed safety warning

LANCECPL. RUBEN D. CALDERON

Combat Correspondent

Summertime is on the horizon and rolling right along with it is bicycling.

Station residents are reminded that bicycling, along with other summer sports, requires that safety be paramount. Safety is a general term all should adhere to. But the Provost Marshal's Office has put an extra emphasis on bicycle safety.

"First and foremost are helmets. It is a Station order that all personnel riding a bicycle must wear a helmet," said Master Sgt. Eric A. Drummond, PMO operations chief. "A misconception people have is that once they go off the Station they are allowed to not wear helmets. Helmets should be worn on and off the Station.

"If someone is caught riding a bicycle without a helmet, they can get a Minor Offense Report. And it's really not worth it. It's also a major inconvenience. Suppose somebody gets stopped for riding without a helmet all the way near Penny Lake and they live in the Monzen Housing, they will have to walk the bike all the way back home," said Drummond.

"The easiest and safest things for everyone is to follow the traffic rules. That includes not only riding with an ap-

proved helmet but also riding on the right side of the road," said Patrick Brown, Station safety program administrator. "Within the last two weeks there have been two different accidents involving bicyclists. And it's sometimes the bicyclist's fault.

"Both pedestrians and bicyclist have the right-of-way but it doesn't mean they cannot be found liable for the accident if they were responsible. Bicyclists should be aware of where they are going and where drivers are," Brown said.

"If someone breaks the law while riding a bicycle, consequences will happen," Drummond stated. "We've had a person get charged with driving under the influence while riding a bicycle. The person was intoxicated and riding on a bike." If he wouldn't have gotten stopped, the situation could have been much worse, he said.

Riding a bicycle to get around the Station, and to go to town, is more economical and healthier. Although accidents will occur, riders must always be aware and cautious, said Drummond.

"It's good to go bicycling. I enjoy it. I have a couple of bicycles. It's important to always be careful. That's the most important thing for all Station residents to know; to be careful," said Drummond.



Torii Teller

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# Leaders forget field day

LANCECPL. ADAM TUSTIN  
*Combat Correspondent*

Being clean, neat and organized has one ultimate goal in the military: to improve mission accomplishment. When our environment is kept neat and organized, things tend to run smoothly. The Rifleman's Creed states "I will keep my rifle clean and ready, even as I am clean and ready." It is ingrained into our military culture to maintain a neat appearance in all that we do.

These are ideals which have been constantly instilled into me during my brief career in the Marine Corps by my superiors. Before I left for boot camp, I asked a brand new Marine what to expect, and he replied, "We did a lot of cleaning."

Every week, Marines and Sailors in my barracks are assigned the responsibility of doing a daily police call. This keeps the area around my barracks neat and reflects a squared away military appearance. Of course it's not fun to get up earlier than usual and pick up cigarette butts off the asphalt, but it's understood that it's

something that has to be done.

So why, on my way to work, after my fellow service members and I have ensured that our responsibility of maintaining a clean environment has been met, do I walk past a barracks littered with cigarette butts, papers and other trash?

The barracks I refer to is the staff noncommissioned officers barracks, the last in a row of four I pass on the way to work.

Every great leader does so first by example, so what kind of impression does it give when the least maintained barracks in a line of four belongs to those with the highest rank?

I heard that paid contractors maintain the inside of the SNCO barracks, but they either aren't responsible for, or neglect the outside of the building. Either way, I would expect my Marines (if I had some) to take the initiative and maintain the barracks where they live.

I assume the reason why there's no formal, organized method of maintaining the SNCO barracks is because service members who have served long and well enough to

become SNCOs are expected to be capable of taking the responsibility for themselves. But that's not happening.

The bottom line to me is integrity. When an order from a superior contradicts his or her behavior, it's hypercritical. It's also less effective. Leaders should hold themselves to the same high standards they hold their Marines to.

SNCOs and officers living in housing are held to a high standard as far as the appearance around their housing units, so why should it be different if they live in the barracks? It shouldn't, any lance corporal or private first class could tell you that.

Maybe I should take the responsibility. Take time on my way to work to ensure that some of the highest-ranking enlisted personnel on the station look more professional.

But there is so much trash scattered all around the SNCO barracks, I would have to spend a long time police calling and be late for work. Then I would have to answer to my SNCO.

# Light, dark sides of complaint

LANCECPL. CHARLIE FOSTER  
*Combat Correspondent*

*I believe in grumbling; it is the politest form of fighting known. — Ed Howe*

I agree with Ed. What I'd like to address is the tone of his statement, because it's in exactly that way that I prefer to criticize, to hilarious effect (at least in my own humble opinion). More importantly, however, I criticize to effective effect.

In a sense, complaining is picking a fight, but in a particularly civilized way. Face it, confrontation is going to happen, so you might as well be as evolved as you can and tussle the way cavemen only wish they could: in the wonderful realm of abstract thought.

Accordingly, people nowadays complain about everything. This is inevitable. Comedians make a living out of complaint, and amateurs have their evenings and weekends booked solid for the rest of their lives.

Unfortunately, especially in the stupendous forum that is the editorial section, the way to go about it seems to confuse people. Some adopt a strategy akin to the Shock and Awe approach used in Operation Iraqi Freedom. That's one way to complain, but it really kind of has it's own category, the title of which is a curse-word. This aptly-named course of complaint usually warrants exactly the same response, no matter toward whom it's directed: "Quit'cher<BLEEP>>ing."

That doesn't mean I think complaining should be conducted over brunch with tea and tiny sandwiches, nor do I think parent consent permission slips should be signed before complaints are voiced. In fact, I feel that being too cautious when criticizing accomplishes less than kicking in

doors and throttling innocent bystanders. One must be assertive for a complaint to accomplish anything.

So here's what I propose. I say, make your complaint memorable. I say, construct a body of irrefutable evidence, organize it, explore avenues of doubt, and resolve those sides of the argument. But, most importantly... make your complaint funny. You'll be proud of yourself. People will side with you simply because they enjoyed what you said.

Also, the co-owner of your dispute will be at once defeated, temporarily if not for good, because you were at least cool enough to add wit to an already potent recipe for wasted time. If you're not doing it for yourself, if you're

not doing it for others involved, and if you're not doing it to sock it to your situational opposition, be funny for me. I usually don't care about your topic, and I want to be entertained.

I realize some will say, "What about *serious* complaints? You can't make light of a *serious* complaint, then your observation won't be taken *seriously*." To that I say, you're complaint is rarely *serious*.

But, if you take the time to cleverly put together an intelligent position that finds the funny bone like a Shaolin Monk finds the pressure point, then you'll get my attention. Then I'll have an opinion on your topic. It will probably be yours. That's because humor is a universal language that transcends gender, age, regional background, ethnic background, and every other demographic.

When done correctly, stating your mind can transmit picture-perfect perspective to everyone within earshot, but you have to give folks something they want in order to get what you want.

I want to laugh at you. If you decide to make me laugh *with* you, that works, too.

**"Some adopt a strategy akin to the Shock and Awe approach used in Operation Iraqi Freedom. That's one way to complain, but it really kind of has it's own category, the title of which is a curse-word."**

**Lance Cpl. Charlie Foster**  
Combat Correspondent

# Marine shares story to help prevent incidents

STAFF SGT. BRENDA VARNADORE  
Press Chief

A Marine from Headquarters and Headquarters Squadron here was found guilty of attempted rape resulting in bodily injury in a Japanese court March 18, and cautions fellow Marines about the ordeal he went through and the importance of all service members' roles in a foreign country.

Private First Class William E. McIntosh, an administrative clerk, spent four months in the military detention facility on the Station and then spent more than three months at the Tokuyama Detention House awaiting his trial to complete.

"I didn't realize the impact I alone could make on the community," he said. "I created an international incident and that was the furthest from my mind."

Maj. George Cadwalader, Station deputy staff judge advocate, said it is important for McIntosh to tell his story.

"It is important for Marines to un-

derstand one bad decision can have an enormous impact on their lives," said Cadwalader. "And on the relationship between Japan and the United States."

McIntosh, who was sentenced to three years hard labor, suspended for four years, said he doesn't want any Marines to have to sit in a cell, where nobody likes them because they hurt one of "theirs."

"It was the loneliest time of my life," said McIntosh. "I don't want to relive it, but I have to let the other guys know. It is important for them to realize that they need to have a liberty buddy, no matter what rank they are, and they need to listen to them."

After a night of drinking, McIntosh got in an altercation with his friends,

who then left him on his own. He admitted to a downward spiral of "stupid decisions." McIntosh said he realizes the repercussions of his actions will stay with him forever.

"When I sat in jail, all I could think about is what I would do if that were my daughter," he said. "When I see my daughter's face and someone like

me, well it's definitely a gut check."

Remorseful for his actions, McIntosh said if he shared his story, others would think twice about what they do when they are out in town.

"There is a woman who is terrified to walk down the street, afraid to leave her house, no matter what time of day it is," said McIntosh. "When she sees a

Marine or an American, she is going to run in the other direction. That is my fault and I can not do anything to make that go away."

McIntosh is now pending separation from the Marine Corps and is looking at how this incident will affect the rest of his life.

"I am going to have to give a background check and this will affect me," he said. "I have to go to any job I get and think, who am I going to offend just being here."

Before McIntosh finishes his Marine Corps career, he has one last message for his peers.

"When you go out with your liberty buddy, it is like you signed a contract," he said. "It's almost like the battlefield, don't leave each other."

"Right now it is really hard looking in the mirror and realizing that person you hear about is you," McIntosh added. "Sometimes it makes you not want to look again."

**"When I sat in jail, all I could think about is what I would do if that were my daughter."**

**Private First Class  
William E. McIntosh  
Headquarters and Headquarters Squadron**

## Medal for fight against terrorism

LANCECPL RUBEN D. CALDERON  
Combat Correspondent

By order of the secretary of defense, a new medal will be available for all military personnel that are eligible to receive it.

President George W. Bush approved the implementation of the Global War On Terrorism Expeditionary Medal March 12.

"There are a lot of people on this Station that will receive this medal," according to Chief Warrant Officer Gary P. Parks, Station personnel officer. "But there are a lot of procedures that must go underway before they can receive it."

"To qualify for the medal," according to Parks, "Marines must have deployed abroad for service in support of Global War on Terrorism operations beginning Sept. 11, 2001. Approved operations for the medal are Operations Enduring Freedom and Iraqi Freedom."

Donald Rumsfeld, secretary of defense, along with Joint Chiefs of Staff have the authority to approve and designate future operations eligible for the medal, said Parks.

One of the biggest attributes to receive the medal

is to be beyond the coast of the United States.

To receive the medal, one must be in a "foreign land, water, and air spaces outside the 50 states of the United States and outside 200 nautical miles of the shores of the United States," Parks said.

Some of the countries that must be occupied in order to receive the medal are Afghanistan, Bahrain, Bulgaria, Crete, Cyprus, Diego Garcia, Djibouti, Egypt, Eritrea, Ethiopia, Iran, Iraq, Suez Canal, Israel, Jordan, Kazakhstan, Kenya, Kuwait, Qatar, Kyrgyzstan, Lebanon, Oman, Pakistan, Philippines, United Arab Emirates, Uzbekistan, Yemen and Bab El Mandeb. Several gulfs are included as well: Gulfs of Aden, Aqaba, Oman, Suez and the Persian Gulf.

"In order to be eligible for the medal, a Marine must be assigned, attached or mobilized to a unit participating in Operations Iraqi Freedom or Enduring Freedom for more than 30 days in any of the countries," Parks stated.

Marines who were honorably separated from service and who meet the criteria, are also eligible for the medal.

In October 2003, Marines from Marine Air Control Squadron 4, Detachment B were deployed to the country Uzbekistan for six months. Now all the MACS-4, Det. B Marines deployed are eligible for the GWOTEM.

"It feels good to be awarded the medal. We went out there (Uzbekistan) and we did our job. We did what we're supposed to do," said Sgt. Robert J. Trent, MACS-4 radar technician.

If you have any questions regarding the Global War On Terrorism Expeditionary Medal, contact Chief Warrant Officer Parks at 253-3254.

## NEWS BRIEFS

### RELIGIOUS SERVICE TIMES

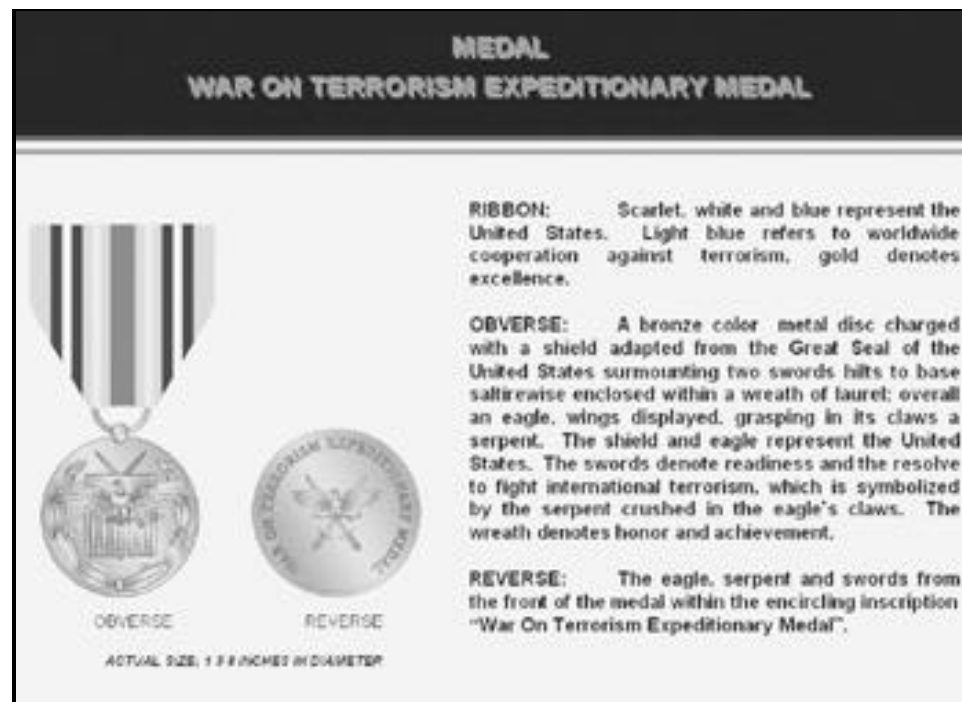
- ◆ Rite of Reconciliation (Penance Service) - Tuesday, 4:30 p.m.
- ◆ Chrism Mass, Peace Memorial Cathedral Hiroshima (depart 2 p.m.), Wednesday, 4 p.m.
- ◆ Holy Thursday, mass of the Lord's Supper, Thursday, 6 p.m.
- ◆ Good Friday, Service of the Lord's Passion, April 9, 5:30 p.m.
- ◆ Easter Holy Saturday night mass of the Easter Vigil, April 10, 8 p.m. (Call 253-5218 for more information.)
- ◆ Easter Sunday, mass of the Resurrection of the Lord, April 11, 9:30 a.m.

### SCHOOL REREGISTER

Matthew C. Perry school students who are returning for the 2004-2005 school year must reregister. Both the elementary and the high schools will hold registration sessions Monday through April 9. Call the elementary school at 253-3447 or the high school at 253-5448 for times.

### FIELD MAINTENANCE

The Northside football field will be off-limits until further notice to allow required field maintenance to be completed. The cooperation of everyone is needed to ensure the improvement of the condition of the playing area at this facility.



# Youths rewarded for sacrifices

**CPL. DAVE BONI**  
*Combat Correspondent*

April is National Child Abuse Prevention Month and the Month of the Military Child. To bring together these important events, Marine Corps Air Station Iwakuni has put together a variety of venues to commemorate the occasion.

Children from little tykes to young adults will be recognized for their efforts in supporting the Marine Corps mission with five days of events starting April 5th.

"Last year we had events throughout the whole month, but this year we wanted to consolidate it into the spring break so the kids would be busy," said Sean KimHan, Marine

Corps Community Services youth activities supervisor.

Activities filling the days off from school will be for children of all ages, said KimHan.

"There will be something for everyone. McGruff visits, sporting events, field trips; we are trying to cover everyone's interests," he said.

The attention to the kids is in part of a military wide effort to recognize the children of service members and the sacrifices they make.

According to KimHan, it is easily forgotten that the parents aren't the only ones forfeiting privileges



**Morgan Young, 8, sings ABBA's 1976 classic "Dancing Queen" at the Karaoke area in the Mac Dome.**



Photos by Lance Cpl. Ruben D. Calderon

**Families enjoy Saturday at the Mac Dome with food, drinks, music, moon bouncers and prizes. All of the activities were in the name of National Child Abuse Prevention Month and the Month of the Military Child.**

in support of our nation's freedom.

"Mothers and fathers are trying to accomplish the mission, but their job would be so much harder if they didn't have the support of their family. Children play vital roles in the military and they deserve to be recognized for it," said KimHan.

April also serves as child abuse awareness month, a problem, which fortunately has been decreasing in the recent years, said Mary Page, MCCS Personal Services Intervention & Treatment Branch supervising psychologist.

"In the past five years, child abuse has gone down in the Marine Corps," said Page. "Iwakuni has had less child abuse cases this fiscal year than last year. Overseas screening has probably contributed to the low numbers."

The explanations for child abuse vary, but Page said the most common are a lack of knowledge of child development and appropriate discipline, having been abused as a child or poor impulse control.

"Our New Parent Support Program offers many classes and service to parents with children under 6 years old," she said. "The stress of military life, deployments and readiness certainly put a strain on parents left alone with young children."

KimHan added, "Keeping children safe and healthy is not a monthly job. We need to continue to nurture and develop our children every day throughout the year. Be sensitive to their needs, being a kid isn't easy sometimes."

**CITIZENSHIP** from Page 1

National Defense Authorization Act. Prior to the executive order, the peacetime waiting period, Pachuta pointed out, was three years of honorable military service.

Effective Oct. 1, 2004, he continued, the new law allows for U.S. citizenship applications to be finalized at U.S. embassies, consulates and selected military installations overseas, to include citizenship interviews, testing, and oaths of allegiance. Also effective Oct. 1, the new law waives the \$310 citizenship application and fingerprint fee.

The new law also provides faster avenues for the non-U.S.-citizen spouses, children and parents of service members who have died as a result of service in combat to obtain "immediate relative" alien

status, Pachuta said.

He said the new citizenship application rules cover active duty service members and National Guard and Reserve personnel who are classified as members of the Selected Reserve of the Ready Reserve.

Service members who want to become naturalized U.S. citizens must apply for it, the colonel pointed out. Army and Air Force members seeking to become naturalized U.S. citizens under the expedited process can contact their military personnel offices, Pachuta noted, while Navy and Marine Corps members can contact their legal assistance offices for help.

The U.S. Citizenship and Immigration Services Web site, [www.uscis.gov](http://www.uscis.gov), provides forms, instructions and helpful information about the naturalization process.

Month of the Military Child 2004					
Weekly schedule Events April 5 - 10					
Mon	Tue	Wed	Thu	Fri	Sat
<b>CDC</b>	<b>CDC</b> McGruff visits 9-10AM Tour all Rms DR. MOM Class! Noon-1PM	<b>CDC</b> EDIS Noon-12:30PM Parents/Children	<b>CDC</b> EFMP Brief for Parents Noon	<b>CDC</b> New Parent Support Deployment and your child Noon-1PM	<b>Kids' Fest</b> MAC Dome Noon-4PM Free! Rides Games Refreshments Information Booths And More!
<b>YC</b> SAC Day Camp 9:30AM-5:30PM Movie 0930-1145 McGruff Visits 1-2PM SAC KidsArts / Crafts 2-4PM	<b>YC</b> Picnic @ Kikko Park 10AM-3PM	<b>YC</b> SFT Youth Sports Kick Ball 1-4PM @ Penny Lake Vet Clinic 1PM	<b>YC</b> Swimming Gym Pool 9:30-11:45AM Money Management for kids 2-3PM @ YC Bldg 558 EDIS 4-4:30PM Parents/Children	<b>YC</b> Ms. Shinjo visits SAC, Origami project 10-11:30AM 1400 Nussubi Making 2PM Rice Cake tasting 3PM	<b>Track &amp; Field Meet</b> 11AM-5PM Northside Track 5-15 years old
<b>TC</b> Universal Studies Trip 5AM-10PM	<b>TC</b> Paintball Practice 1-4PM	<b>TC</b> Financial Management 2-3PM MCFTB Club Iwakuni Kids Volunteer Appreciation Presentation 6:30PM	<b>TC</b> Paintball Competition 1-4PM	<b>TC</b> Pool / Ping Pong Challenge 1-4PM McGruff visits @ Dance 7PM Teen Dance @ the Teen Center 8-11:30PM	<b>McGruff visits</b> 1-3PM

# Utilities platoon powers up

LANCECPL. DAVID REVERE  
Combat Correspondent

**YECHON AIR FORCE BASE, Republic of Korea**— The sound of laughter permeates the frigid, Korean night as Marines gather around kerosene heaters for conversation and games. All is quiet in tent city, the billeting site for Exercise Foal Eagle, until the light bulbs flicker out. The darkness is momentary, but one particular group of Marines comes immediately to the forefront of everyone's mind – utilities platoon.

"Those are the times when everyone notices us," cracked Staff Sgt. Henry Usury, Marine Wing Support Squadron 171 utilities platoon electrician chief. "It's easy to take things like water or electricity for granted."

The utilities Marines work around the clock and behind the scenes to provide electricity, fuel and water to the base camp. Their labor is crucial to the aviation ground support MWSS-171 provides to Marine Aircraft Group 12 and Marine Air Control Squadron 18 units in order to facilitate combined fixed wing operations from a forward operating base.

The 23-man platoon's accomplishments during the first week of the Foal Eagle deployment to Yechon have been impressive to say the least. Two field showers and a shaving tent provide 10,000 gallons of water daily. More than two miles of wiring facilitate mobile electric power to multiple sites. Environmental control units give heat to key facilities, and a hundred other requirements occupy every minute of the day.

"The work is nonstop," said 1st Lt. Taylor H.

Buff, MWSS-171 utilities platoon commander. "Twenty-four hours a day, seven days a week, Marines are on duty, checking generators and equipment and doing preventative maintenance."

Besides the daunting task of providing facilities to a base camp with a population of 734, the Marines overcame obstacles arising due to cold weather and harsh conditions.

"We had to adjust to how the sites were arranged," said Buff. "Snow and mud affected the stability of the soil. We had to relocate generators and find alternate ways to establish the power grid in order to accommodate the changes that had to be made."

"It's a great opportunity for Marines here to grow and gain experience," said Gunnery Sgt. Paul D. Wood, MWSS-171 utilities chief. "The Marines have the opportunity to exercise their own creativity. They've come out like a ball of fire setting everything up."

The Marines have more than their motivation to fire up the night. M80 water heaters and M17 Senators provide hot showers for service members every morning and evening.

Behind the shower tent and out of view from everyone enjoying the luxury, MWSS-171 hygiene equipment operator Lance Cpl. Jose Perez stands by his equipment. He's out at 5 a.m., taking his turn to set up and maintain the gear.

"It's a nonstop job," the water dog affirms.



Lance Cpl. David P. Revere

**Upkeep on the M80 water heater is continuous for Lance Cpl. Jose Perez, Marine Wing Support Squadron 171 hygiene equipment operator.**

"While other people are in the hooch relaxing, we've got to keep the stuff clean."

His breath visibly invades the crimson morning as he considers the feeling. "We're the heart of the squadron."

# Motor Transport faces challenge

LANCECPL. DAVID REVERE  
Combat Correspondent

**YECHON AIR FORCE BASE, Republic of Korea**— Spin, slide and splatter – so passes another day for Motor Transport Marines at the Yechon Republic of Korea Air Force Base. Marine Wing Support Squadron 171 Motor T has been deployed since February 27 in preparation for this year's Exercise Foal Eagle. The company plays a crucial role in the squadron's mission to provide aviation ground support to Marine Aircraft Group 12 and Marine Air Control Squadron 18 units in order to facilitate combined fixed wing operations from a forward operating base.

"Our main mission is to transport – whether we're on the runway or on a convoy, or just standing by," said Staff Sgt. Michael Banting, motor transport maintenance chief. "So far we've been on convoys to pick up supplies from all over."

The Marines have dealt with adverse condition, since they arrived. With temperatures sometimes dipping into negative numbers and heavy snowfall icing roads and engines, the



Lance Cpl. David P. Revere

**Cpl. Andrew Gleason, motor transport mechanic, cleans mud from an engine while Cpl. Bruce Quintin, wrecker driver, looks on during Exercise Foal Eagle at Yecheon Air Force Base, Republic of Korea.**

obstacles have been formidable.

"It's been challenging," said Cpl. Bruce L. Quintin, wrecker driver. "One night, going down to Pusan to pick up supplies, the ice was six inches thick. Everyone was sliding – you had to think for the other drivers."

Like the powerful, all-terrain vehicles they drive, the operators must be ready for any condition.

"You have to have full awareness at all times," Quintin said. "Emergency situations can appear out of nowhere."

In addition to the transportation of supplies, the mechanics repaired and maintained all the vehicles operated during the exercise.

"Whatever needs to get fixed, we fix," said Banting. "We're looking

forward to getting some work done on these vehicles."

As temperatures have warmed, conditions have transformed from ice to mud.

"It makes it harder to see where the problem is on the vehicles we're working on," said Banting. "You might have a problem seeing if something's leaking or if it's just mud."

Conditions may slow them down, but these grease dogs don't stop until the mission is accomplished.

"The work out here is nonstop," said Banting. "If something needs to be fixed, we work on it until it's done. We don't have any other obligations out here."

"What we're doing here plays an essential role in training Marines to support a squadron during a time of war," Quintin added. "Every day that goes by there is a new learning experience."

The work is hard and dirty, but these leathernecks wouldn't have it any other way.

"It's fun being out here with these four-wheel drives," said Banting. "They get a chance to get out and have some fun – especially when they're sliding around."



Fire rescue teams rush to the Monzen Housing after an earthquake caused a building to crumble. It was a simulation of a 6.0 earthquake.

# Thunder rolls t

STORY AND PHOTOS BY  
**LANCE CPL RUBEN D. CALDERON**  
*Combat Correspondent*

“Exercise! Exercise! Exercise!”  
 Throughout March 25-26, Station residents heard the alert message periodically. The message reminded all aboard Marine Corps Air Station Iwakuni that Exercise Rolling Thunder was in full-effect.

The biannual exercise is comprised of various drills which were conducted throughout the Station.

The first drill was a security breach at the main gate of the Station. A supposed terrorist tried to enter the Station with a fake identification card.

The next drill took place in front of Building One when a suspicious looking truck was parked in front. Somebody noticed the truck and then called the Provost Marshal’s Office. The truck was stocked with barrels full of explosives in its camper. The building was immediately evacuated of all personnel inside.

Suddenly, with smoke emitted from the building, a gas agent.

Within minutes, the Explosives Ordnance personnel arrived on and quickly set up a disposal area for the disposed of all explosives.

Meanwhile, at the Station, a hostage situation erupted. The hostage wife, Kristi. A terrorist commanding officer’s Kristi at gunpoint.

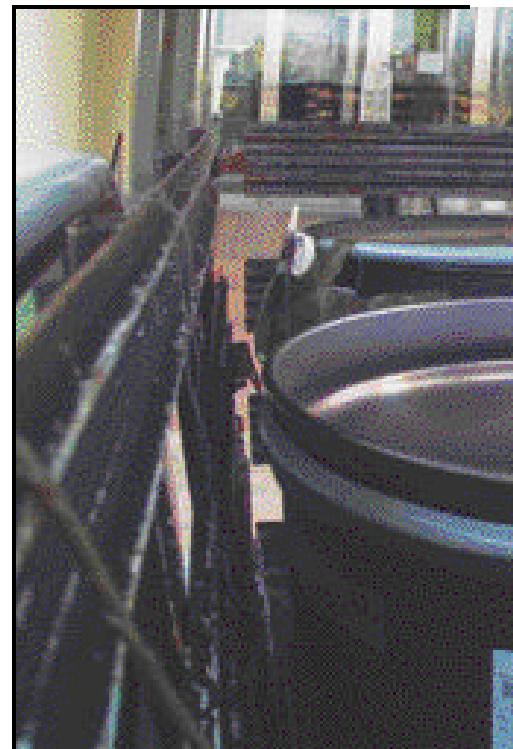
Special Reaction Team hostage negotiator was successful in capturing the terrorist at Dave Darrah’s home in a military building.

After unsuccessful attempts with the terrorist, the terrorist penetrated the house through to capture the terrorist without putting Darrah at risk.

There were many packages and bomb packages and bomb packages.



Rescuers rush to take an injured man to safety after a simulated 6.0 earthquake demolished one of the Monzen Housing apartments. The simulation was part of the biannual Exercise Rolling Thunder.



A suspicious truck is parked in front of the building. The blast leveled the building, d



Green smoke clouds the front of the building during Exercise Rolling Thunder. The building was loaded with explosives.

# ugh Station

en called to the Hornet's Nest and Northside 7-day store.

The second day of the exercise was to prepare the station for a natural disaster. A 6.0 earthquake rendered the Freedom Bridge unusable and caused one of the midrises on Monzen to collapse. There weresimulation of casualties and deaths. Police and fire crew had to overcome the unusable bridge and had to go around the Station.

Emergency personnel were also tested on how fast and less problematic the natural disaster could be handled. Emergency personnel included the Station fire department, PMO, and personnel from the Branch Medical Clinic.

Exercise Rolling Thunder was comprised of simulations of security breaches, bomb threats, hostage situations, suspicious packages and coordination with agencies outside of the gates. The drills conducted were a success, according exercises coordinators.



ing One with explosives on its camper. se Rolling Thunder.



ne as part of the biannual ruck parked in front of the



Special Reaction Team members hold up a kidnapper after infiltrating a house and bringing him out.



Rescuers use a crane to mount the top of a Monzen Housing apartment and transport victims to safety. The site was the basis of a 6.0 earthquake simulation.

# Passover: a celebration of history, tradition

STORY AND PHOTOS BY  
GUNNERY SGT. M.A. ZEID  
Combat Correspondent

Passover is one of Judaism's most well-known holidays since it has such a close relation to Easter. (The Last Supper is believed to have been a Passover Seder meal.)

What few people realize is how this celebration brings thousands of years of Jewish history into the lives of modern-day Jews, and it has done so for centuries.

The story of Exodus and Moses who lead the Jews out of Egypt tells about the Passover, the ten plagues and flight from the pharaoh. But this holiday is much more than a meal and the telling of the story.

Passover begins with the cleaning of the home and removing all leaven products, also called *chametz*. The removal of leaven products ends with a hunt, similar to an Easter-egg hunt, where children go through the house and try to find some pieces of bread and other grain products. Furthermore, the entire home is cleaned and scrubbed before Passover begins.

The first night, (the first two nights for traditional Jews) is the Seder, a special meal that commemorates the festival. Seder literally means "order" and there are 14 steps to the meal. These are outlined in a special book called a *Haggadah*. The meal has a lot of ceremony and traditions, but it is a relaxing and fun time for all. In some ways, it can be considered a "Jewish Thanksgiving."

Passover is also a time of several diet restrictions, most notable is the absence of any leaven products. Jews eat matzah, a flat cracker made from just flour and water and baked for exactly 18 minutes during the eight days of Passover. The reason is when the Jews left Egypt, they left in such a hurry, they didn't have time for their bread to rise. Other traditional foods include bitter herbs to remind them of



During the Passover Seder, six symbolic foods are placed on a Seder plate and set in the center of the table. Also shown are a bowl for charoses, Elijah's cup and a plate for matzah.

the bitterness of slavery, roasted lamb or chicken to symbolize the blood of the lambs that stained the gates of the Jews homes so the Angel of Death would pass over their homes, and a mixture of nuts and apple are eaten to symbolize the mortar used to build the pyramids.

During the Seder, the story of Exodus is retold and several blessings are recited. Everyone at the meal participates in the retelling of the story. One of the most significant parts is the asking of the Four Questions which explain how Passover is different from other days of the year.

At the beginning of the meal, a piece of matzah is broken in half. One part is eaten and the other is kept and hidden sometime during the meal. At the end of the meal, the children hunt for the matzah. Each family has its own traditions such as trying to steal



Station residents share the Seder, a special meal that commemorates the first night of Passover as outlined in the Haggadah.

it beforehand or ransoming it back to the parents. This is just an example of how the holiday can be fun and educational as it teaches children the history and traditions of Judaism.

Many synagogues have community Seders which are open to all

members and their guests. The Iwakuni Jewish Community will hold its community Seder on Friday, April 9th at the Station Chapel. For more information about the community Seder, please contact the Station Chapel at 253-5218.

## OUT THE GATE

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

### Flower and Wine Festival 2004

There will be a festival at Shunan Sports Center, Saturday, 11 a.m. to 5 p.m. and Sunday, 10 a.m. to 4 p.m. Samples of Tokuyama Kyoho Wine will be offered. They will also sell flowers and wine. Some events on the stage and a flower contest are scheduled. The admission is free. Call 0834-22-8372 for details.

### Kamei Castle Festival

This festival will be held at Kamei Park, near You Me Town Otake, Sunday, 10 a.m. to 3 p.m. Visitors can enjoy Japanese drum and dance performances under the cherry blossoms. Some booths are set up to sell snacks. For more information, call 57-7257.

### Daimyo Costume Parade

The Kintai Bridge Festival Committee is looking for Americans to participate in the time-honored Daimyo Costume Parade. The event is part of the 27th Annual Kintai Bridge Festival scheduled for April 29. Call

253-5551 for more information.

### Cherry Blossom Festival

This festival is scheduled Sunday, 10 a.m. to 3 p.m. at Nishigawara Ryokuchi Park in Hikari. There will be a flea market and booths selling snacks. The festival will be postponed to April 11 in case of rain. Call 0833-72-1431 for details.

### Flea Market

A flea market is scheduled every Wednesday, 9 a.m. to 3:30 p.m. at Iwakuni Hotspring Gokyonoyu, in Kawanishi area. Call 41-3004 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

**Mazda Capella**, 1994, new tires, needs body work, no other repairs needed, JCI until Sept. 2004, \$200 obo. Call Rose at 253-6465 dwh or 253-2168 aw.

**Toyota Corolla**, 1992, diesel engine, 1,500 cc, JCI until July 2004, \$300 obo. Call A.S. Ramos at 253-4108 dwh or 253-2022 aw or 090-7595-9324.

**Honda Civic**, 1995, 4-door sedan, black, A/C, P/W, CD player, JCI until Feb. 2005, \$1,700 obo. Call 253-5260 dwh or 253-2010 aw.

**Mazda MPV**, 1993, excellent condition, highly reliable, cold A/C, auto transmission, P/S, P/L,

auto climate control front and rear, P/W, tinted window, AM/FM cassette player, 3 L gas V-6 engine, green and gold trim, very neat inside and out, JCI until Aug. 2004, \$1,750. Call 253-2650.

**Isuzu, MU**, 1993, 3 door, 2,800 cc diesel turbo, 26 MPG (AVG), automatic transmission, new tires, new brakes, new battery, Kenwood stereo amplifier, tape deck, 6 CD changer, PIAA hi/lo beam fog lamps, JCI until March 2005, make an offer. Call Jim Davis at 253-3705 dwh or 0834-88-2551 aw.

**Toyota Hilux Surf**, 1990, 4x4, CD/MP 3 player, P/W, PDL, great condition, runs perfect, JCI until Nov.

2005, \$2,700. Call 253-6276 or 090-1354-2364.

**Honda Ascot**, 1990, power sun roof, radio, cassette, 4 door, P/W, comfortable, JCI until Sep. 2005, \$1,350 obo. Call Jim Sweeney at 253-3501 dwh or 31-8451 aw.

**Nissan Vanette**, 1991, 8 passenger, ski and canoe rack, good for camping and outdoor activities, JCI until Sep. 2005, \$995 obo. Call Jim Sweeney at 253-3501 dwh or 31-8451 aw.

**Mazda MPV**, 1993, excellent condition, cold A/C, auto transmission, P/S, P/L, auto climate control front and rear, P/W, tinted window, AM/FM cassette player, 3 L gas V-6

engine, green and gold trim, JCI until Aug. 2004, \$1,550. Call 253-2650

## OTHER ITEMS

**Misc.**, Braco Pack-n-play, \$15; infant bike seat, \$10. Call Rose at 253-6465 dwh or 253-2168 aw.

**Misc.**, GT steel belted radials 145 SR 10, \$15; skid guard radials 145 R12, \$15; Japanese kimono doll with cases, kokeshi dolls, flower vases, helmets, masks, nicknacks and many more. Call A.S. Ramos at 253-4108 dwh or 253-2022 aw or 090-7595-9324.

**Misc.**, baby crib with mattress, \$60; portable play pen, \$30. Call 21-7876 after 5:30 p.m.

## JOB OPENINGS

**CHRO (253-6828)**

**Clinic:**

-Social Worker

**MCCS:**

-Office Automation Assistant

**DECA:**

-Materials Handler (Intermittent)

-Secretary (OA)

**BPO:**

-Management and Program Analysis Officer

-Management and Program Analysis

**MCCS (253-3030)**

*(The following jobs are open at MCCS Personnel)*

**MCCS Job Listing:**

-Head of Retail

-Procurement Assistant, civilian only

-Leisure Travel Assistant, civilian only

-Veterinary Clerk

-Sup. Vending Specialist, civilian only

-Food Service Worker, civilian only

-Program Assistant, civilian only

-Recreation Specialist, civilian only

-Recreation Attendant, civilian only

-Operations Assistant, civilian only

-Recreation Assistant, civilian only

-Outdoor Recreation Manager

-Marketing Research Specialist

-Support Director,

-Office Automation Clerk

-Broadcast Supervisor

**Continuously Open Jobs**

**Retail Branch:**

-Senior Sales Associate

-Retail Operations Assistant

-Sales Clerk

-Store Worker

-Laborer

-Food Service Worker

**Food & Hospitality:**


-Club Operations Assistant

-ID Checker

-Waiter/Waitress

-Food Service Worker

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



## MOVIE SCHEDULE

**FRIDAY**

11 a.m./5 p.m. Air Bud (PG)  
 2 p.m./8 p.m. S.W.A.T. (PG-13)  
 11 p.m./5 a.m. Bless The Child (R)  
 2 a.m. Punch Drunk Love (R)

**SATURDAY**

11 a.m./5 p.m. Second Hand Lions (PG)  
 2 p.m./8 p.m. Grind (PG-13)  
 11 p.m./5 a.m. Once Upon A Time In Mexico (R)  
 2 a.m. Off-Key (R)

**SUNDAY**

11 a.m./5 p.m. Just Married (PG-13)  
 2 p.m./8 p.m. In The Heat Of The Night (PG)  
 11 p.m./5 a.m. Mystic Pizza (R)  
 2 a.m. 8 Mile (R)

**MONDAY**

11 a.m./5 p.m. Black Cauldron (PG)  
 2 p.m./8 p.m. Seabiscuit (PG-13)  
 11 p.m./5 a.m. Courage Under Fire (R)  
 2 a.m. Lost Souls (R)

**TUESDAY**

11 a.m./5 p.m. The Animal (PG-13)  
 2 p.m./8 p.m. Sure Thing (PG-13)  
 11 p.m./5 a.m. Texas Chainsaw Massacre (R)  
 2 a.m. Wild Things (R)

**WEDNESDAY**

11 a.m./5 p.m. Mr. Bones (PG)  
 2 p.m./8 p.m. The Majestic (PG)  
 11 p.m./5 a.m. Bad Boys 2 (R)  
 2 a.m. The Life Of David Gale (R)

**THURSDAY**

11 a.m./5 p.m. Spider Man (PG-13)  
 2 p.m./8 p.m. Kate And Leopold (PG)  
 11 p.m./5 a.m. Magnum Force (R)  
 2 a.m. Terminator 3 (R)

# SAKURA THEATER



**WIN A DATE WITH TAD HAMILTON**

When a young actor, Tad Hamilton agrees to participate in a "win a date" contest, his world is turned upside-down when he finds himself falling in love with the winner, Rosalie. Showing up in her hometown to profess his love, Tad unwittingly inspires Rosalie's best friend to also admit his love for her. (95 minutes)



**STARSKY & HUTCH**

This is the tale of two police detective partners, Ken "Hutch" Hutchinson, and Dave Starsky, who always get the toughest cases from their boss rely on omniscient street informer Huggy Bear and race to the scene of the crimes in their souped-up 1974 Ford Torino hot rod which involved a former college campus drug dealer who went on to become a white collar criminal. (100 minutes)



**CATCH THAT KID**

Maddy and her father have shared a love for mountain climbing. Their hobby, however, has a disastrous effect when an accident on Mount Everest injures his spine, paralyzing him forever unless he gets a very expensive operation. Maddy decides to recruit two of her friends to help her break into the super-high-tech bank. (102 minutes)

**FRIDAY**

12p.m. Haunted Mansion (PG)  
 3 p.m. Win A Date With Tad Hamilton (PG-13)  
 7 p.m. Starsky & Hutch (PG-13)  
 10p.m. Torque (PG-13)

**SATURDAY**

1 p.m. Thomas And The Magic Railroad (G)  
 4p.m. Catch That Kid (PG)  
 7 p.m. Starsky & Hutch (PG-13)  
 10p.m. The Big Bounce (PG-13)

**SUNDAY**

4p.m. Catch That Kid (PG)  
 7 p.m. Starsky & Hutch (PG-13)

**MONDAY**

1 p.m. Brother Bear (G)  
 7 p.m. You Got Served (PG-13)

**TUESDAY**

7 p.m. Cold Mountain (R)

**WEDNESDAY**

12p.m. Adventures Of Rocky And Bullwinkle (PG)  
 7 p.m. You Got Served (PG-13)

**THURSDAY**

7 p.m. Win A Date With Tad Hamilton (PG-13)

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

# COMMUNITY BRIEFS

## EDUCATION

### Test Schedule

Tuesdays/Fridays - CLEP, DSST

April 7 - ACT  
 April 8 - SAT  
 April 14 - EDPT  
 April 15 - AFCT  
 April 28 - DLPT  
 April 29 - DLAB

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.

■ **New Employees Orientation:** April 14-15, 8 a.m. to 4:30 p.m.

■ **Prevention of Sexual Harassment Training:** April 26-28, 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 one, Room 102, CHRO training room.

## MCCS

### Career Resource Management Center (253-6439)

■ **Employment Overview Workshop:** Tuesday, 9-10:30 a.m.  
 ■ **Basic Resume Writing:** Thursday, 1-3 p.m.  
 ■ **Monthly Transition Assistance Seminar:** April 12-16, 8 a.m. to 4:30 p.m. Advanced sign-up required.

### Club Iwakuni (253-3119)

■ **Chef's Seafood Classics:** Every Friday, 5-9 p.m. in all dining rooms. Enjoy a variety of Chef's classic seafood recipes, from whole lobster to fresh winter selections. Most entrees range from \$10 to \$20. A children's menu is also available.

### IT&T (253-4377)

■ **Space World:** April 10. The park features 29 attractions for adults and small children.

### Single Marine Program (253-4656)

■ **Chess Tournament,** Sunday, 6 p.m. Prizes for first, second and third place winners.  
 ■ **Hiroshima Carp Baseball versus Yokohama Bay Stars,** April 10, 10 a.m. Admission costs 2,000 yen. Bring extra yen for snacks and souvenirs.  
 ■ **Tsuwano Archery Festival,** April 11, 8 a.m. \$20 transportation fee. Bring extra yen for souvenirs and food.

### Survival Japanese Language Class

Monday through April 9, 11:40 a.m. to 12:40 p.m. Learn basic Japanese and key phrases for shopping, ordering food and

asking for directions. Call 253-6165 to sign-up.

### Cultural Newsletter

Want updated news on local events and the Japanese culture? Visit the Community Services Building, Room 101 to register your e-mail address.

## COMMUNITY

### Book Fair

Matthew C. Perry school is having their spring Book Fair April 19-23, 8 a.m. to 3:30 p.m. on the school's stage. We will also be open April 21, 6-8 p.m.

### 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.

### Request For Donations

Organizations can request for donations from the Thrift Store. Call Mr. Dutnas at 253-2910 for more information.

### 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 Build-

ing 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.

### Hanami/Easter Egg Hunt

Japanese and American Society sponsors this event April 11 at 3 p.m. around Kintai area. Admission is required. Call the JAS office at 253-4771 to register or email jasiwakuni@mx5.tiki.ne.jp.

### The Japanese American Society

This society is dedicated to bringing Japanese and Americans together through cultural and language exchange, friendship and fun. We offer monthly get-together, cooking classes and various cultural events throughout the year. Call 253-4771 or stop by the JAS office in Building 261 for details.

## 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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### Liturgical

1st Sunday	7 p.m.	Service
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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.



### Paving Map Set To Ease Traffic

Contractors will be working in the Bachelor Officer Quarters and Temporary Lodging Facility areas. Paving work will start Monday. Utilize caution in this area. For more information, contact the Contracts Office at 253-5084.

# Aerobics class flexes fun, health

STORY AND PHOTOS BY  
LANCE CPL. RUBEN D. CALDERON  
*Combat Correspondent*

Fitness junkies can now get their fix at the IronWorks Gym with the new aerobics class, "Power Pump."

The aerobics class is designed to work various muscle groups in the body in a healthy and fun way, according to Erica Coggins, IronWorks Gym aerobics instructor.

"It's a challenging class, but it targets every part of the body," she said.

Armed with a speaker and a microphone, the part-time personal trainer and aerobics instructor leads the exciting group of fellow fitness buffs through fat-burning and sweat inducing fun.

Coggins caters the class with music that matches rhythms to the tempo of the workouts.

The class is comprised of 12 workouts. Various positions and equipment are included in the syllabus of the course.

Having been a fitness trainer for over 5 years, Coggins has a profound understanding of what "fitness" really means.

"I've been doing this since I was 18 years old.



Aerobics buffs crunch it out with modified sit-ups at the "Power Pump" aerobics class. The modified sit-ups is one of 12 workouts that makes up the class.

When I first came here to Iwakuni, which was 9 months ago, I continued to do it," said Coggins.

Rhiannon Bramer, 22, is one of the many people that enjoyed the workout brought forth by Coggins. "It's a really good class. I've taken various fitness classes back in the states, and I can honestly say that this is just as good as any of them," she said.

After the workout was done, Ayumi Yanagi, Marine Corps Community Services purchasing agent, dreaded the morning after. "I'm going to wake up so sore! But it's worth it. I feel really good about myself, doing this."

"It's an enthusiastic class. It's a variety of different workouts. It's so fun, too. People should really come and take advantage of, not only the class but all the instructors," said Coggins. "Especially now that summertime is coming around. I know that a lot of people are going to want to get into their bathing suits. Here it is for all of them: something that will get them in good shape."

For more information on "Power Pump" or any other aerobics class, contact the IronWorks Gym at 253-6578.



Ayumi Yanagi, Marine Corps Community Services purchasing agent, dreads the morning after her aerobics class. She said she will be sore from the workout.



The Power Plus class is comprised of many workouts that rely on various tools.

## IWAKUNI SPORTS SCENE

### THE MAJORS MASTER TOURNAMENT

April 11, 7-9 a.m. Station residents may sign-up before April 11 for \$10. Pick your professional partner from the final round of the Masters. Add your net score to your partner's final round gross score for your team score, which will determine the winners. Golfers can enter both gross and net flights but must make their own tee time. Call 253-3402 for more information.

### MONTH OF THE MILITARY CHILD TRACK & FIELD

April 10, 11 a.m. to 5 p.m. at the Northside track, across the street from the Kids' Fest. Sign-up before Saturday at the Youth Sports Office in IronWorks Gym. Food and drinks will be provided. Children compete for prizes in the following events:

- ☞ Shot put and javelin competition (for 7 to 15-year-olds)
- ☞ Softball throw and standing long jump (for 5 to 9-year-olds)

☞ 1,600-meter run, running long jump, discus throw and 400-meter dash (for 10 to 15-year olds)

☞ 200-meter dash (for 7 to 9-year-olds)

☞ 800-meter run (for 10 to 12-year-olds)

Children can compete in a maximum of three events.

### PERSONAL TRAINING SERVICES

One-on-one personal training, including one free comprehensive fitness assessment, costs \$25 per session or \$20 per session for a package of five or more. Small group personal training, which also includes one free comprehensive fitness assessment, costs \$15 per person per session. Fitness assessments cost \$15 per assessment and include a detailed printout of blood pressure, weight, measurements, body fat, aerobic fitness testing, strength testing, and flexibility testing using the Microfit System. Call 253-5051 for details.

# Iron Works hosts seminar, tourney

## Karate world champion, former Marine shares knowledge, techniques

STORY AND PHOTOS BY  
CPL. ROBERT W. WYNKOOP  
*Combat Correspondent*

Station residents and members of the Iwakuni community received world-class karate instruction and participated in the first Japanese/American Friendship Martial Arts tournament at the IronWorks Gym Friday and Saturday.

Martial Arts Hall of Fame member and former Marine, Howard Jackson led a seminar on "closing the gap" with opponents, which is when a fighter moves toward an opponent before attempting to strike and score a point in semi-contact competition karate.

"This is awesome," said Gail Benton, a black-belt karate instructor, who traveled to the seminar with her family's school of karate from Sasebo, Japan. "This is a once in a lifetime thing right here. They're excited to meet Mr. Jackson," Benton said of her students, "and we're having a great time."

Step by step, Jackson showed participants keys to success in competition karate. He said winning tournaments is not about fancy kicks but rather about perfecting the basics.

"The basics are the foundation," Jackson stressed to the participants, some dressed in white karate uniforms others in camouflage utilities. "You

have to learn how to set your opponent up so you can score your point."

Saturday, Benton's students along with Station residents and Japanese locals participated in the first ever Friendship Martial Arts Tournament. Jackson attended the event as a special guest and took time to help judge the event.

Fighters scored two points by landing a kick to the opponent's head and one point for hitting the midsection. Fighters were allowed to use punches, however only kicks were scored and participants wore padded sparring gear to prevent injuries.

The tournament format was single elimination with divisions organized by age. At the end of each bout, fighters' height and weight were measured. The smaller fighter received additional points to help keep the competition closer.

Friendship was an added reward for the participants, according to Billie Scott, SemperFit health promotions director, who announced the opening ceremonies.

Following the tournament, an awards ceremony was held and lunch was served in the IronWorks' atrium.

Jackson, who served in the Corps from 1970-1973, is a world

champion fighter in karate and kickboxing and currently works as a personal protection officer of karate champion and actor Chuck Norris -star of the hit television show, "Walker: Texas Ranger."

While working for



**Martial arts world champion, Howard Jackson leads participants from the Station and Sasebo Naval Base in the proper technique of 'closing the gap' with an opponent during a martial arts seminar held at IronWorks Gym, March 26.**

Norris, Jackson read a piece of Norris's fan mail which inspired him to travel to Japan and give the seminar.

"I ran across a letter asking Mr. Norris to come to Japan, unfortunately

his schedule couldn't allow it, but being a former Marine, I decided that this was something I definitely wanted to do," said the Detroit native. "Giving back to the Marines like this is like I'm coming home and I hope to do it more often."

Although Jackson fought professionally for more than a decade, his biggest match-up came long after his 1983 retirement.

Jackson began a battle with acute Myeloid Leukemia, February 13, 2002, which required him to receive strong doses of chemotherapy before his cancer went into complete remission more than a year later.

Because of his fight for life, Jackson decided helping others should be his top priority. That is why he made his Iwakuni journey, he said.

"Everyone was motivated, and I'm glad they're here," said Jackson. "I'm very impressed with their abilities and hope I can do this again."



**Howard Jackson, seminar instructor and martial arts world champion, demonstrates the 'closing the gap' technique on Sasebo martial arts instructor, Tony Benton.**



**Mike Braun (right), a Sasebo Naval Base Sailor who has taken karate for five months, lands a kick to opponent Kouji Kimura's chest during the first ever Japanese/American Friendship Martial Arts Tournament held in the IronWorks Gym, Saturday.**