

Torii Teller



VOLUME 49 NUMBER 17

MARINE CORPS AIR STATION IWAKUNI, JAPAN

APRIL 30, 2004

Service members identity stolen

CAPT. JEFF MUÑOZ

Legal Assistance Officer

Recently, families of some deployed service members have reported forged checks affecting some service members' financial accounts. Service members (or their families or power of attorney holders) have noticed unauthorized charges to their bank accounts by check, debit card, or automated teller machines.

These are "red flag" signals that identity theft may have occurred. Any service member noticing unauthorized charges should immediately take the following actions if they believe identity theft has affected them:

Contact any of the three major credit bureaus (Experian 888-397-3742; Equifax 800-525-6285; Transunion 800-680-7289), report the identity theft, request copies of credit reports from all bureaus, and request that a fraud alert be initiated.

Immediately dispute any transactions that result from the identity theft with the financial institution, bank, credit card, and submit to them the FTC's "Identity Theft Affidavit"—this affidavit is available at the FTC's

see **SERVICE** Page 4

America's Squadron sails home

LANCE CPL. DAVID REVERE

Combat Correspondent

Marine Wing Support Squadron 171 returned April 6 after supporting Marine Aircraft Group 12 and Marine Air Control Group 18 in training exercises for more than a month in Yechon, Korea.

Nearly 200 service members deployed March 4 to Yechon where the squadron began work on the base camp. Within a week, the Marines prepared everything necessary for the sustainment of more than 600 service members.

"MWSS-171's job is to have it all ready for them so when they arrive they can set their sea bags and alic packs on a cot and go straight to work," said Capt. Pat Vongsavanh, MWSS-171 airfield operations commanding officer.

After setting up tents, utilities and communication equipment for five different sites, the squadron began training exercises with the Korean Air Force.

"One of our goals was to learn how to effectively link the 16th Fighter Wing's ground operations center to our base defense operations center in order to develop a common operational picture," said Maj. Sean C. Killeen, MWSS-171 operations officer.

For 10 days, the squadron practiced reactionary force drills alongside the Korean Air Force with armored humvees



Lance Cpl. David Revere

Marines prepare to leave Yechon, Korea April 4 after more than a month of sustainment and combined training operations.

and fire teams.

"MWSS-171 not only supports the flying units," said Gunnery Sgt. Kenneth Tensley, MWSS-171 first sergeant. "We're able to set up a perimeter and provide rear security. Every Marine in '171 has to be able and capable of protecting themselves. Someone has to provide rear security defense."

Tensley said he appreciated the opportunity to train with allies.

"I think being able to combine the (Koreans) and Marines allows us learn how they train and see what they would do in any given situation. It also allows

for them to see how we train," he said.

The squadron had the opportunity to experience Korea aside from military exercises. Marines enjoyed cultural tours and visits to homes for disadvantaged Korean youth.

"The commanding general has placed a very high priority on community relationship projects in Korea," said Navy Lt. Timothy Gault, MWSS-171 chaplain. "It's seen as critical to maintaining good friendship in Southeast Asia."

Gault oversaw the squadron's donation of clothes, food, hygiene supplies and projects for the youth centers.

Whether out in town, or on combined exercises, numerous friendships were born during the deployment.

"Just hanging out with these guys has built good relationships," said Lance Cpl. Phil Mckaughan, Headquarters and Headquarters Squadron military policeman. "They don't speak fluent English, but we have a translator that we use a lot."

Regardless of language issues, the Foal Eagle exercise strengthened bonds with an important U. S. ally.

"This is the force that we're going to go to combat with should it become necessary," said Killeen. "The opportunity to learn how they do business and for them to learn how we do business has been invaluable."

INSIDE

Station opens gate for Friendship
For information on Friendship Day, information begins on page 5.

Robin Hood leaves Crossroads
Robin Hood Sandwich Shoppe closes in Crossroads to make room for Subway.

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IWAKUNI WEATHER



Today
Partly Cloudy
High: 73



Saturday
Partly Cloudy
High: 75



Sunday
Sunny
High: 75

www.iwakuni.usmc.mil

Customs seizes prohibited items

LANCE CPL. GIOVANNI LOBELLO

Combat Correspondent

The Yokohama customs agency recently seized several packages and have been holding them at the Fleet Mail Center because of prohibited items found in a number of packages.

Most packages originated from Osan, Korea, during the noncombatant evacuation operation exercise April 7 with Marine Corps Air Station Iwakuni, Japan as a final destination.

"Customs conducts random inspections on mail coming into Japan," said Master Sgt. Crawford Wheeler, Station postal officer. "During inspections of packages from Korea, a variety of counterfeit copyright items were found. When so many prohibited items were found in the small percent that were checked, it prompted them to check more packages."

For those that had no prohibited items in their packages, they have nothing to worry about, added Wheeler.

Korea is titled by most as a good place to shop for cheap prices on what would normally be high priced in countries throughout the world.

"We did not know that we would not be able to mail purses and things of that nature," said Melissa Trent, NEO partici-

pant. "When we were there, we were told not to buy wood, knives and other items. Besides that, we didn't know that we could not send trademark items through the mailing system."

Station members that unknowingly tried to mail prohibited items to Iwakuni have nothing to worry about, but do have a decision to make.

"Customs has to ratify with the addressee a letter of disposition with instructions on what participants want customs to do with their items," said Wheeler.

The best choice, which will cause fewer problems, is to elect to have all prohibited items abandoned. Meaning, customs will take out all prohibited item and destroy them. Then the box will be sealed back up and sent to final destination.

Another option available is to render all the items unserviceable, said Wheeler. This will consist of removing all logos or brand names from each item and sending what's left over. This process will also take a lot of time before receiving each package.

The last alternative available is to show a certificate of authenticity.

"If you have a certificate from the vendor stating that

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Torii Teller

**Commanding Officer/
Publisher**

Col. Dave Darrah

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Public Affairs Chief

Master Gunnery Sgt.
Constance S. Dillard

Press Chief

Staff Sgt. Brenda L. Varnadore

Operations Chief

Staff Sgt. Nicholas P. McLaren

Combat Correspondents

Cpl. Dave Boni
Lance Cpl. Giovanni Lobello
Lance Cpl. David Revere
Lance Cpl. Ruben D. Calderon
Pfc. Lydia Davey

Information/Editorial

Specialist

Yukiko Mitsui

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**PSC 561 Box 1868
FPO AP 96310-0029
Phone 253-5551
Fax 253-5554**

Thanks for successful power outage

GARY WATANABE

Letter to the Editor

The Station's Electrical Substation just completed their tri-annual inspection and preventive maintenance.

The substation, located across the street from Perry Elementary School, is the Station's receiving point for high voltage electric power from Chugoku Electric Power Co. It receives 66 kilovolts (KV) power, distributes 6.6 KV stepped down power by 15 feeders throughout the Station and further steps down to 120 or 240 volts at transformer stations located at service laterals to each building.

At least every three years, the substation requires this 8-hour inspection and preventive maintenance work for efficient operation.

Also, an 8-hour long power outage to the entire Station is mandatory to do the work.

This preventive maintenance work

ensures the substation will provide the Station with safe, reliable and efficient electrical power.

The inspection and maintenance was originally scheduled to be at night in November 2003, but due to the start of the heating season, 7th Utilities Division requested it be rescheduled for April 17 – 18, from 10 p.m. to 6 a.m.

Spring was considered the ideal time for an outage because heating season would be over and the electric demand was lowest.

The nighttime work and power outage was the successful conclusion of a 3-year long plan by 7UTD.

The plan was conceived after the last preventive maintenance work was performed in 2001 to decrease the number of temporary generators, eliminate inconvenience to Station residents and business loss.

The nighttime power outage required a lot of behind the scenes planning. Antiterrorist, force protection and safety were major concerns

and every participating organization was required to have a safety plan. Information of the power outage was carefully disseminated by e-mails, on-base commander's channel and word of mouth.

The Provost Marshal's Office assisted and ensured secure access of the 70 plus contractor's personnel and 22 vehicles that were required to perform the work.

Fortunately, weather was perfect. The contractor's work was expertly completed on schedule, accepted by the ROICC and power turned on just two minutes past the scheduled 6 a.m. plan.

Facilities Utilities Division expresses special thanks to ISMO, American Forces Network, Public Affairs Office, PMO, ROICC, MCD, Marine Corps Community Services, SEABEES, Logistics and Housing Division. We did it together!

Utilities Division Serves the People.

Assignment of Choice: To support, defend

CHAPLAIN STEPHEN COATES

The third in a series of ten articles on character

Is the military held to a higher moral standard? Should they be? When you joined the Marine Corps, you solemnly swore (or affirmed) to support and defend the Constitution of the United States against all enemies foreign and domestic.

You also agreed to obey orders. If you are an officer, you publicly stated that you took the obligation freely and without any mental reservation. That's quite a choice we have all made.

If Marine Corps Air Station Iwakuni is to be the assignment of choice in the Marine Corps, it will be because of the choices individuals make while they are here. Last week, we considered the ethical lens of making choices according to self-interest alone. This week, we consider the cost we assumed when we raised our right hands. It is called "Constitutional Ethics."

At the Naval Academy, future Navy and Marine Corps officers are taught Constitutional Ethics through means of an inverted pyramid of loyalties. The top priority and highest obligation is to the Constitution itself.

In descending order, the next four priorities are mission, service, ship and shipmates.

Finally, we reach the small tip at the bottom of the pyramid. This section is for you — quite a change from last week's model.

We are in an incredible line of work. If your personal welfare is at the very bottom of the pyramid, where is your family?

What about your religious convictions? Most of us hope and plan that our personal morals and priorities will align with our official obligations.

At the same time, we know that our line of work entails tremendous sacrifice. Pat Tillman knew that when he joined the Army Rangers.

Our Marines in Iraq are very aware of the cost and the privilege of serving others.

But what happens if your personal morals (note: I said 'morals,' not 'interests') are not aligned with your official mission?

What if you receive a lawful order or you are given

freedom to act in a way that betrays your understanding of right and wrong? Should Marines think or just obey?

A retired Navy captain recalls being the Officer of the Deck for a Destroyer when he was a young lieutenant junior grade. Put yourself in his position.

The destroyer was in formation with a Carrier, just 250 yards off her port bow. When a tactical signal was executed, the commanding officer always wanted the OOD to "smartly" turn the rudder and come to new course. The signal sounds, "Standby. Execute." The captain orders you, "COME RIGHT!" (If you come right, you *will* have a collision.) You say to the captain, "I CAN'T SIR." Again the captain orders, "COME RIGHT!" You tell him again, "I CAN'T SIR." He takes two quick steps toward you, yells an expletive and commands, "COME RIGHT!!" What do you do?

The CO has not asked for your input. He has issued a direct (and lawful) order — three times. You know the importance of training the way we fight.

If this were combat, you would be expected to follow orders immediately. Furthermore, the CO has more years of experience than you have months in the service. Perhaps he knows something you don't.

That pyramid of loyalties I mentioned earlier is a mess. If you come right, you will kill your shipmates, sink your ship, embarrass your service and fail in your mission.

However, you will have upheld your highest loyalty — your oath to obey orders as part of defending the Constitution.

In this particular instance, the young officer could not resolve the conflict. He took a very risky course and responded, "In the pilot house, this is Lt. j.g. (we'll call him Doe.) The captain has the deck and the conn."

You may not always have such an option. If you do, you better be dead sure you are right.

I do not mean sure in your own mind. I mean sure enough to defend your decision in front of a court martial. I mean, sure enough to take responsibility for your country through your actions.

Remember, we need to train the way we fight. When lives and nations are at stake, when multimillion dollar assets are on the line, we might wish we had thought through some of these matters ahead of time — here, at the assignment of *choice*.

Commissary celebrates awareness month

DEFENSE COMMISSARY AGENCY

FORT LEE, Va. — The 2004 Commissary Awareness Month shopping list is full, and included on the menu are case lot sales; single service member tours; special Guard and Reserve events; the launch of the Commissary Connection customer newsletter; and the launch of a new marketing program: "Savings You've Earned."

"That's just a taste of what's in store for the month of May," said DeCA director Maj. Gen. Mike Wiedemer. "It really is like a shopping list, except we're shopping for customers!" Not that there is any lack of customers at commissaries worldwide. "Customers are shopping more than ever," said DeCA deputy director Pat Nixon. "But sales are not really what we're all about."

Since DeCA sells groceries at cost, profit is not a motivation for increasing sales. But more business means greater savings for commissary customers.

When business is up, commissary vendors are often motivated to offer lower prices — prices that DeCA passes directly to shoppers. "That's really what we're about," said Nixon. "Our mission is to obtain the lowest prices on quality name-brand products so we can continue to save customers an average of 30 percent or more on their grocery bills."

"Commissary Awareness Month is all about savings and spreading the word to all authorized shoppers," said Wiedemer. "It serves as a focal point for celebrating the savings and celebrating the commissary benefit."

"Extreme" savings are a reason to celebrate for many customers as September's successful "World's Biggest Case Lot Sale" is expanded to a second worldwide sale during Commissary Awareness Month in May. Case lot sales routinely save customers 50 percent or more off regular prices for paper products, cereal, canned goods, beverages, cleaning supplies and more.

Commissaries have the freedom to schedule their sales anytime during May so customers should check their local commissary Web sites. While visiting DeCA's Web site, customers can now sign up for the new "Commissary Connection" e-mail newsletter offering commissary news, tips, and more savings.

Commissary Awareness Month is also the time of year when commissaries make a concerted effort to reach new customers through "show and tell" tours for single service members, new service members and Guard and Reserve families. Reserve forces were granted unlimited commissary shopping privileges by the 2004 Defense Authorization Act signed in November 2003.

"Our goal is to make sure every Guard and Reserve family gets the word that the commissary can put money in their pockets and food on their tables," said Nixon.

"Throughout the year there will be welcoming ceremonies and outreach ac-

tivities at U.S. stores, and many commissaries will conduct off-site case lot sales. Basically, that's when we take the store to the Guard and Reserve, offering a taste of what they can experience if they shop at their commissary. It's a way to introduce them to their benefit and encourage them to shop," he said. Regular commissary shopping can save about \$2,700 annually for a family of four.

The annual single service member campaign in May is geared toward introducing new and single shoppers to their commissary. "Many of our new and single military members don't realize they can save as much as \$700 a year by shopping regularly for their personal items, vitamins and over the counter medicines, snacks and beverages and more," said Scott Simpson, DeCA's chief operating officer.

Commissary Awareness Month ends with a patriotic splash Memorial Day weekend with the launch of "Savings You've Earned" on May 27.

Nottingham officials finally catch Robin Hood

LANCE CPL RUBEN D. CALDERON
Combat Correspondent

Station residents said good-bye to the "Prince of Thieves" as the Sheriff of Nottingham evicted the Robin Hood Sandwich Shoppe, a dining facility in the Crossroads Mall, April 22.

A Subway restaurant will replace the sandwich eatery sometime in June, according to a Marine Corps Community Services press release.

John Pace, MCCS special events manager, dressed as the classic fairy tale character, and made a special public service announcement of the eviction, as the Sheriff of Nottingham, to all patrons of the food court.

The Station has long awaited the arrival of Subway and looks forward to what it will bring, said Emily Nix, Station resident. "It's nice to have one more place to eat on base, and even more variety."

The decision to bring Subway and oust Robin Hood was made a year ago by MCCS officials. Over the growing months, through input from the community and surveys conducted at Family Day and Joint Reception Center meetings, officials saw that Subway was favorable, said Jamie Wurdinger, MCCS public affairs specialist.



Photos by Lance Cpl. Giovanni Lobello

New Subway employees replace the Robin Hood employees and stand in what will be the new Subway location when it opens to all Station residents in June.

"This year, Subway was rated by Entrepreneur magazine as the United States' number one choice of fast food franchises out of 500 competitors. The restaurant is currently leading a nationwide trend to provide Americans with a healthy choice of fast food. Subway has more than 20,000 restaurants in 71 different countries. In the United States, it is the largest restaurant chain with locations outnumbering those of McDonald's," according to Wurdinger.

"This will make things so much easier," said Marleen Santiago, station resident. "When I don't have time to cook, I can take my daughter to the food court and know that she is still eating healthy."

Station residents were also reminded that the Robin Hood Sandwich Shoppe, located on the Northside of Station, would still be open. Also, customers could still take advantage of Robin Hood's "Foot Long Friday" special at the Auto Mini Mart and advised all to look for joint promotional discounts offered with the service station, said Wurdinger.

Robin Hood is now permanently closed in preparation for the coming of Subway.



Sheriff Nottingham entered the Crossroads Mall with his two assistants from Subway, Judith Yamano and Raquel Kimura, to evict Robin Hood from their position restricting them to the Auto Minimart located on the Northside of the Station.

NEWS BRIEFS

TOKYO EMBASSY

The Immigrant Visa Section of the U.S. Embassy in Tokyo will be closed during the month of July. A new computer software system is being installed. Accordingly there will be no immigrant visa interviews or issuances conducted at the Tokyo Embassy in July. For more information, call the office of the SJA at 253-5591 or 253-5594.

POST OFFICE CLOSED

All post office services and the PSC box section will be closed Tuesday, 6 p.m. through Thursday, 8 a.m. for Friendship Day security reasons.

FLOWERS FOR RESIDENTS

Family Housing Self-Help now has flowers available for residents. Self-Help is open Monday through Saturday, 8 a.m. to 4:30 p.m., Building 1285.

AUTOMATED TIME/TEMPERATURE ANNOUNCEMENT SYSTEM

Dial 112 to hear the current time and temperature in English, and dial 115 to hear them in Japanese. Call the Telephone Office at 253-5555 if you have any questions.

Families United Through Reading

LANCE CPL GIOVANNI LOBELLO
Combat Correspondent

With the constant number of deployments which service members participate in, families are separated several times a year for a substantial amount of time.

United Through Reading is a program aimed at Station parents who may find themselves in this situation. Parents can now read to their children despite being halfway across the globe.

The only prerequisite is a videocassette so the reading session can be recorded and sent back home.

According to Cpl. Joshua A. Roman, Combat Visual Information Center combat photographer, "before coming and reading, an appointment must be made. Once an appointment is made, you can just come in, sit down and read."

"Honestly, it doesn't get any easier than this," said Maj. Michael Rodriguez, Marine All-Weather Fighter Attack Squadron 225 aircraft maintenance officer. "The camera is set up and the Marines at CVIC are standing by to record. The only requirement is to select a book and bring a videocassette."

The convenient setup allows for a minimal amount of time to be taken while enabling a chance

to send a positive message back home.

"This is a great way of keeping in touch with the children," said Capt. Gregory Baker, Marine Heavy Helicopter Squadron 463 pilot. "I recorded a couple of tapes a couple years ago, so that my wife can show them to the kids while I was gone."

Baker, father of three added, "This will be a nice treat since they have been watching the same tapes for the past two years to see something new."

"Reading aloud helps children develop their imaginations and will help them learn to be attentive," said Rodriguez, a La Mesa, Calif., native. "Additionally, reading aloud to children helps them to improve in their vocabulary and is far more constructive than television. More importantly, reading to my children gives me a chance to spend quality time with them."



Sgt. Anthony Adamson

Staff Sgt. Michael E. Sparkman, Marine Aircraft Group 12 operations chief, reads Dr. Seuss to his daughter back in Kaneohe Bay, Hawaii.

deployment of any duration."

For more information or to make an appointment, contact CVIC at 253-3043.

Taking as much time out of a day to sit and communicate with family back home can be compromised for the happiness of loved ones.

"The only limitation may be that the CVIC is open only during the daytime, Monday to Friday," said Rodriguez, a husband and father of four children.

"For those with any sort of apprehension about this program, I can tell you that it's one of the easiest and most rewarding things you'll do for your children while deployed. Even for those based here, it would be a great idea to record a tape now which you can leave when you head out on a

Passports needed when traveling for fun

CPL DAVE BONI
Combat Correspondent

Being stationed at Marine Corps Air Station Iwakuni offers service members many opportunities to see the world.

With various deployments sprouting up throughout the year, service members can enjoy many other countries besides Japan.

But in order to travel to one of those countries in another capacity besides training, a military identification card and orders will not suffice.

A passport is required to enter

other countries and re-enter Japan once traveling is finished. But the problem for service members here is a passport cannot be applied for online.

To better facilitate those wishing to obtain a passport while serving here, Junko Sakamoto awaits. But keep in mind, proper documents are mandatory.

"To get a passport you will need to fill out a DS-11 application, which you can find here at the Staff Judge Advocate Office. Once the form is properly filled out, we will need evidence of U.S. citizenship, i.e. original birth certificate," said

Sakamoto, who is a legal assistant at SJA. "No other records will be sufficient but the original. You will also need two sets of passport-sized photos, which can be taken at the Combat Visual Information Center and \$85 in a money order made payable to American Embassy, Tokyo."

Sakamoto also said any name changes must be documented and sent in as well, and only the court order will do for that.

Once the entire package and paperwork is in order, applicants can wait up to three-four weeks.

"Depending on how busy the

embassy is, it could take even longer," said Sakamoto.

Although there are explicit directions for which documents will be accepted, Sakamoto said many people come to see her expecting miracles worked.

"I can't use hospital records or copies, I need the originals. Also, it takes a few weeks for the passport to be finished, so don't come here expecting to have it back in two weeks," she said.

For more information regarding passports, call SJA at 253-5594.

CUSTOMS from Page 1

what you bought is indeed is authentic, then all the contents in your package will be delivered," said Wheeler.

It is imperative that once the letters of disposition are mailed and received a response is quickly provided to prevent lagging the whole mail processing system.

"The prohibited items that are destroyed can not be claimed against the government," said Wheeler.

"Do not buy illegal items if you plan on mailing them," said Wheeler. "When mailing items and filling out the customs declaration form, be detailed in describing what is in the package. Most importantly, when filling out the declarations form, do not lie about the contents of the package. The declaration form is a government form and can be used against you in the court of law."

SERVICE from Page 1

Web site at www.consumer.gov/idtheft (there is a limited time-window to dispute unauthorized charges to escape becoming liable for those charges, so immediate action upon first learning of the charges is of utmost importance.)

Immediately close the accounts believed to be affected by identity theft.

File a police report with both the local civilian and military authorities, making sure to get copies of the report for submission to creditors, to facilitate disputing charges, and as evidence of the crime;

Report the incident to the FTC at 1-877-IDTHEFT (438-4338) and/or to the FTC's Military Sentinel Web site www.consumer.gov/military.

For more information, visit www.usmc.mil and click JAL Advisory 15 under current legal advisories for Marines located near the center right of the USMC home page.

Some service members have also been defrauded by participating in online auction sites. The fraud typically works in the following way. A service member logs onto an online auction site and "wins" a bid for an item.

The service member arranges for payment and delivery with the seller. The service member wires the money to the

seller via Western Union because the seller has requested him to do so. The seller promises to send the item as soon as he receives payment in full. The result is that the seller has the full payment, or the majority of the payment, and the service member never receives the item.

Two common factors that should alert a service member of potential fraud is the seller requests payment by use of a money transfer service, such as Western Union, and the seller is located outside the United States. Legal remedies are severely restricted when dealing with foreign sellers.

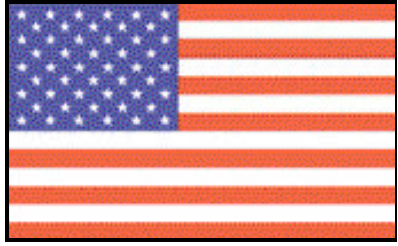
An excellent source of information for protecting yourself while participating in an online auction is www.ebay.com and click on *Security Center* at the bottom of the page. The first thing a service member will notice is a warning that he should never use a money transfer service to pay for online auction purchases. Beware this can and has happened to service members on this installation.

The information contained in this article is not to be construed as legal advice and is given for information purposes only. Service members should contact the Legal Assistance Attorney if they feel that they have been the victim of fraud. Mention of any business entity does not constitute an endorsement and is for information only.



MCAS IWAKUNI FRIENDSHIP DAY 2004

Visitors are discouraged from bringing large bags aboard the installation. Force protection measures may require visitors' bags to be searched, resulting in a delay getting to the event.



Friendship

COMPILED BY
Torii Teller Staff

Friendship Day 2004 will be the 31st annual celebration of this event. With aerial acrobatic teams such as the Canadian SkyHawks, the Station can expect more than 200,000 guests to take advantage of the many events, attractions, displays, food and opportunities to create "On Wings of Friendship," which is also the theme of this year's celebration.

Friendship Day is conducted to emphasize and strengthen the friendship and goodwill between the people of Japan and the United States.

While there are numerous displays of military aircraft and demonstrations of their abilities during the air show, the main goal of Friendship Day is to provide recreation and entertainment for all visitors.

Due to the large number of pedestrians, traffic will be restricted to foot traffic only. Station residents are reminded not to use personally operated vehicles, motorcycles, bicycles, skateboards, scooters or roller blades.

The only acceptable form of transportation is walking. Vehicles are restricted to emergency vehicles and those used by duty personnel.

According to information provided by the Provost Marshal's Office, the following traffic flow and gate operations are in effect for Friendship Day 2004.

MAIN GATE: The Main Gate will be open for all modes of traffic until 5:30 a.m., at which time it will

close. Pedestrian traffic with Station access will be allowed at all times. At 9 a.m., the gate will reopen only for pedestrian traffic entry and exit. All cyclists and motorcyclists will be directed to the off-Station parking area.

MONZEN GATE: The Monzen gate will open at 5:30 a.m. for MCAS and JMSDF personnel who work or reside aboard the Station. At 8 a.m., admittance will be restricted to occupants residing in the Monzen Housing area and mission essential duty personnel (i.e. JMSDF, MCCS employees, etc.). At 8 a.m., Freedom Bridge access will be restricted to pedestrian traffic only. Between 8:30 a.m. and 9 a.m., Freedom Bridge will briefly reopen for VIP, handicapped, motorcycle club traffic. At 2 p.m., the bridge and Monzen Gate will be opened for outbound traffic only and then will reopen for normal traffic once the FD-04 traffic congestion is over.

"C" GATE: The "C" gate will open at 5:30 a.m. for four-wheeled vehicles only. All other vehicles will be directed to the Contractor Gate. "C" Gate traffic will be directed to the parking area on the Southside parking apron through Flight Line Gate 4B via 7th Street and Newell Drive. At 8:30 a.m., four-wheeled traffic will cease using this gate and will be redirected by Japanese Police to the Contractor Gate via Route 188. At 11 a.m., city buses will be staged on E Circle Drive between Crossroads and the MCX to load passengers and then exit back through "C" Gate via S Avenue and 7th Street. Pedestrian, bicycle, motorcycle and tour bus traffic will not be

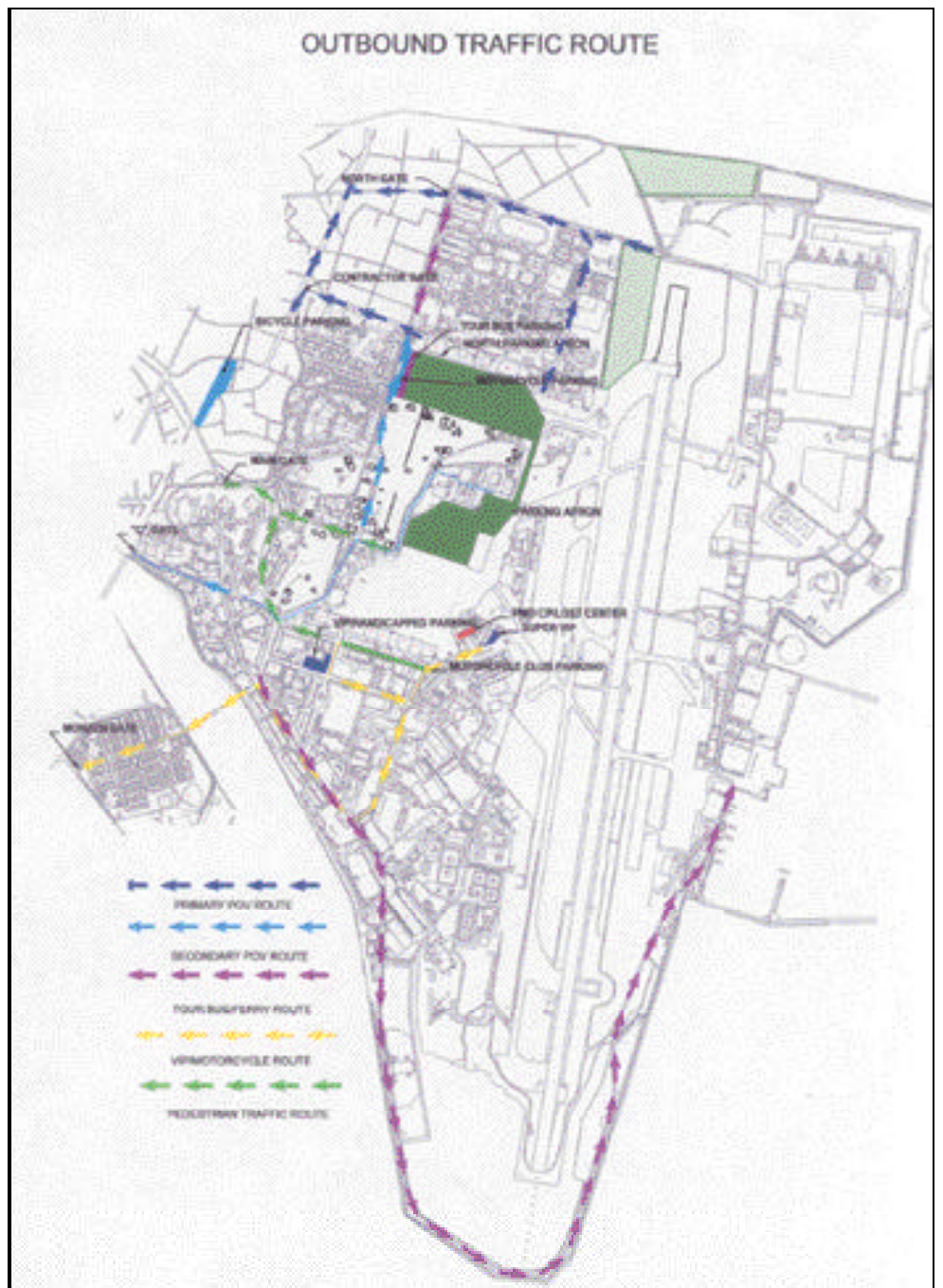
permitted to enter or exit "C" Gate from the time the gate opens until the FD-04 traffic has been alleviated.

NORTH GATE: The North Gate will be opened at 5:30 a.m. for four-wheeled vehicles and tour buses only. Pedestrian, bicycle, and motorcycle traffic will not be allowed to enter or exit until the FD-04 traffic congestion has been alleviated. At 9 a.m. one lane of traffic will facilitate outbound traffic.

CONTRACTOR GATE: The Contractor Gate will open at 5:30 a.m. for four wheeled vehicles and motorcycles. Pedestrian and bicycle traffic will not be allowed to enter or exit at any time through this gate.

GATE 3: Private organizations are allowed to enter the flight line from 5:30-7:30 a.m. on Friendship Day and to park adjacent to Building 411 (Community Services Building). Each organization is required to preregister their vehicles at PMO and display valid PMO Flight Line issued passes in order to gain access through Gate 3. Private organizations are not allowed to enter the static display area from the Northside at any time due to heavy vehicle and pedestrian traffic. Once identified, vehicles requiring handicapped parking will also be directed to park at Building 411.

ADDITIONAL TRAFFIC NOTES: Authorized vehicle traffic other than FD-04 traffic aboard Station from 7:30 a.m. until FD-04 traffic congestion has been alleviated will be limited to emergency vehicles and mission essential govern-



May 2004



ment vehicles only. The riding of bicycles, skateboards or roller blades is prohibited until FD-04 traffic congestion has been alleviated.

At 2 p.m., no traffic will be allowed to enter the Air Station until the FD-04 congestion has been alleviated. Four-wheeled vehicles will exit via the North Gate and Contractor Gate.

Once the majority of pedestrian traffic has exited the base, vehicle traffic will be permitted to exit via "C" Gate.

From 5:30 a.m. until the conclusion of FD-04, Newell Road from the Crossroads intersection to the Flight Line Gate #6 will be utilized exclusively for vehicular FD-04 traffic that has entered through "C" Gate and is being parked on the Northside parking apron.

From 5:30 a.m. until 2 p.m., Deviller Road from the North Gate to Stratton Road, Stratton Road to Westbrook Drive, and Westbrook Drive to Redford Drive will be used as two inbound lanes only for FD-04 traffic.

Participants of static displays sponsored by Marine Corps Air Station Iwakuni organizations/clubs (classic cars) will stage their vehicles on the south parking apron on May 4.

On May 3, private organizations will be authorized to enter the flight line for the set up of booths through Gate #2 only. All vehicles must display a PMO authorized flight line pass to enter the gate. There will also be no shuttle service until FD-04 traffic is alleviated.



Official Marine Corps photo

Japanese visitors attending the Station's annual Friendship Day look into the cockpit of an A-10 Warthog, one of the many aircraft on display May 5, 2003.

Pedestrian Route
歩行者通行

Main Gate 正門
Contractor Gate 業者ゲート
North Gate 北門
C Gate Cゲート

Bus Stop フェリー乗り場
Bus Stop 巡回車乗り場
Information 案内所
Beer Garden ビアガーデン
Lost Child Center 迷子センター
PMO CP 警備本部
VIP/Handicapped Parking VIP/身障者専用駐車場
First Aid Tent 救急テント
Food 食事
Bathroom トイレ
Motorcycle Parking バイク置き場
Amphitheater 野外劇場
Kids' Land キッズランド
Bicycle Parking 自転車置き場
Rest Pavilion 休憩所
Disc Jockey ディスクジョッキー

Menzen Gate 門前ゲート
KAWA
5
P
P
P
Ferry Port フェリー港

Motorcycle Display Area オートバイ展示場
Classic Car Display Area クラシックカー展示場
Sakura Theater サクラ劇場
Club 倶楽部
Costco
Aino Value
DyDo

Motorcycle Display Area
Classic Car Display Area
Sakura Theater
Club
Costco
Aino Value
DyDo

SPECIAL ANNOUNCEMENTS 特別告知

• Pedestrian activities, gatherings, displays and signs are prohibited during the event. (歩行者の活動、集まり、展示、看板等はイベント期間中は禁止です。)

• The flag flying over the station will be the flag of the United States of America. (基地に揚がる旗はアメリカ合衆国の旗です。)

• Please observe posted vehicles at the end of Friendship Day. (フレンドシップデーの終了後、掲示された車両には注意してください。)

Sponsored by 協賛

Costco
DyDo
Aino Value
Sakura Theater

Friendship day 2004 events

Air Show (10 a.m. to 4 p.m.)

- Misty Blues
- Team Deep Blues
- JMSDF US-1A
- MH-53E
- AIRock
- PACAF F-16 Demo
- Nitro Bike, Rolling Thunder
- JASDF F-15, F-4, T-4
- Canadian SkyHawks
- MAG-12 F/A-18, EA-6B

Special Appearances will take place in random order.

Entertainment

- Ultraman Show (Sakura Theater)
¥200 admission fee
11-11:25 a.m.
1-1:25 p.m.
3-3:25 p.m.
- Live Concerts (Amphitheater) 9 a.m. to 4 p.m.
- Kids Land (Sakura Theater & Flight Line)
- Visitor's Center/Zero Fighter Mock Display
- Motorcycle Display
- Classic Car Display



Official Marine Corps photos

A pilot welcomes a Japanese child during Friendship Day. Friendship Day is held every year on May 5 aboard the Air Station.



Marine Corps Air Station Iwakuni opens its gates every year on May 5 for Friendship Day to the Japanese community. More than 143,000 Japanese nationals attended Friendship Day last year.



Cpl. Barbara Gray, Combat Service Support Detachment 36 supply clerk, shows Chisato Oyama, 6, her painted face.

OUT THE GATE

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

Hiroshima Flower Festival

This festival will take place at various locations in Hiroshima including Peace Memorial Park and Peace Boulevard (Heiwa Odori) May 3-5, 12-7 p.m. There will be many events and shows presented on different stages along the boulevard. Parades are scheduled to be held May 3 and 5, 12-3:30 p.m. It

will not be cancelled due to rain. For more information, call 082-294-4622 or 082-247-6738.

Japanese Embroidery Display

A display of Japanese traditional silk embroideries, will be held at Synfonia Iwakuni, May 15 and 16, 10:30 a.m. to 5 p.m. Approximately 40 pieces of art including kimono, obi, hanging scroll, bag and more are shown. Admission is free. Call 21-5907 for details.

Satsuki (May) Festival

There is a festival, displaying paintings and flower arrangements,

at the Daishoin Temple on Miyajima island now through Wednesday, 8 a.m. to 5 p.m. Admission is free. For more information, call 0829-44-0111.

Azalea Festival

This festival is scheduled Monday through Wednesday, 10 a.m. to 4 p.m. at Eigen Mountain Park in Shunan. Approximately 35,000 azalea plants can be viewed in the park. A flea market is scheduled Monday, and Japanese drum performance will take place Tuesday. Booths will be set up to sell snacks. Admission is free. Parking space is limited. Call 0834-63-7899 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 500, 1993, navy blue, well maintained, all maintenance records for last four years, annual tune-up, oil change, new battery/tires, JCI until Aug. 2005, \$1,800. Call Connie at 253-5301 dwh or 253-6556 awl.

Mazda MPV, 1994, 6 cylinder engine, automatic, A/C, P/W, JCI until Nov. 2005, \$1,500. Call 253-2327.

Honda Vigor, 1992, JCI until May 2006, \$1,500 obo. Call 253-2145.

Honda Prelude, 1991, new tires, sun roof, power everything, JCI until Sept. 2005, \$2,000. Call Alice Hosley at 253-2621.

Mazda Bongo Limited 1989, 2nd owner, well maintained, less than 50,000K, JCI until July 2005, \$3,000. Call Kurt or Connie Hudson at 253-2729.

Subaru Domingo, 1990, 7 passenger submersible van, runs on land or undersea, AM/FM, DVD, mini bar, needs JCI, \$1,200 obo. Call Ron at 45-1660 awl.

Nissan Terrano, 1991, 4 door, 4x4, grey, AT, P/W, P/L, runs great, JCI until June 2005, \$2,000 obo. Call GySgt. Forbes at 253-5468 dwh or 253-2716 awl.

Toyota Windom, 1992, V-6, 4 door, 4 new tires, CD player with 12 disc changer, JCI until Aug. 2005, \$2,500. Call 38-0289.

Mazda Sentia, 1992, JCI until April 2005, \$2,500. Call GySgt. Wolf at 253-3878 dwh or 253-2549 awl.

Honda Ascot, 1990, low mileage, power sun roof, 4-door-sedan, comfortable, P/W, radio/cassette, JCI until Sept. 2005, \$1,350 obo. Call J. Sweeney at 253-3501 dwh or 31-8451 awl or send e-mail to jsweeneycz@hotmail.com

OTHER ITEMS

Misc., free to good home, 2 very good cats, brother and sister, must go together, have all shots, micro-chipped, fixed. Call Andrea Reicha at 253-3003 dwh or 253-2545 awl.

Misc., HP pavilion comp.,

mouse, keyboard, speakers, \$300 obo; coffee table, two end tables, natural wood, \$125 obo; 19" TV/VCR combo, \$50 obo. Call Andrea Reicha at 253-3003 dwh or 253-2545 awl.

Misc., dog, 2-years-old white Shilo Shephard, to go to a good home. Fixed, 80 lbs., chewing problem, needs some work, great with kids. Call Stella Duenas at 253-4260 dwh or 253-2910 awl.

Misc., Sony MVC-FD85 Mavica digital camera with carrying case, \$300 obo; Panasonic VCR, \$50, JVC 3 disk DVD player, \$75; large Pooh Bear, 25" tall, 9,500 yen or \$90. Call Linda Kostelny at 253-3278 dwh or 090-8608-3799.

Misc., Proform Treadmill, handyman special, space saver design with cup holder, works great as is but needs a minor repair, \$50. Call 253-2122.

Misc., 3 kerosene heaters with cans and gates, \$250 for all; Whirlpool large capacity washer & dryer, excellent condition, \$350 for both; microwave, \$30; 3 floor fans, \$25 for all; 2 TV's and area carpets, mint condition. Call 38-0289.

Misc., A/C units, \$30; large A/C unit, \$40. Call SSgt. Lynch at 253-3814 dwh or 253-2890 awl.

Misc., Compaq Presario desk top computer, 10gb hard drive with scanner and 17" monitor, \$350; Compaq Presario lap top, \$250. Call GySgt. Wolf at 253-3878 dwh or 253-2549 awl.

Misc., beautiful MCAS Iwakuni throw blanket in full color featuring the F/A-18 Hornet surrounded

by various unit patches. \$55, check or cash. All payments must be made up front. Call Karen at 253-2122 or Kelly at 253-2745 to pre-order today. Order arriving middle of May.

JOB OPENINGS

BSEP Instructor

An instructor is needed to teach the Basic Skills Education Program. Call 253-3631 or stop by Building 441 Room 109, Monday through Friday, 9-11 a.m. or 1-4 p.m. for more information or an application.

Matthew C. Perry School

M.C. Perry Complexes is accepting applications for Secretary and Office Automation Clerk/Assistant. Stop by the schools and pick up application packet.

MCCS (253-3030)

Go to www.mccs-iwakuni.com for a complete job listing.



MOVIE SCHEDULE

FRIDAY
 11 a.m./5 p.m. Evolution (PG-13)
 2 p.m./8 p.m. Something's Gotta Give (PG-13)
 11 p.m./5 a.m. Underworld (R)
 2 a.m. Gossip (R)

SATURDAY
 11 a.m./5 p.m. Big Fat Liar (PG)
 2 p.m./8 p.m. A Guy Thing (PG-13)
 11 p.m./5 a.m. Once Upon A Time In Mexico (R)
 2 a.m. 8 Mile (R)

SUNDAY
 11 a.m./5 p.m. Finding Nemo (G)
 2 p.m./8 p.m. Seabiscuit (PG-13)
 11 p.m./5 a.m. Black Hawk Down (R)
 2 a.m. Demolition Man (R)

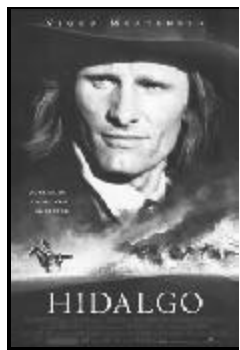
MONDAY
 11 a.m./5 p.m. Holes (PG)
 2 p.m./8 p.m. The Cat In The Hat (PG)
 11 p.m./5 a.m. Gothika (R)
 2 a.m. The Count Of Monte Cristo (PG-13)

TUESDAY
 11 a.m./5 p.m. Clueless (PG-13)
 2 p.m./8 p.m. Hollywood Homicide (PG-13)
 11 p.m./5 a.m. Kill Bill: Volume 1 (R)
 2 a.m. Enemy At The Gates (R)

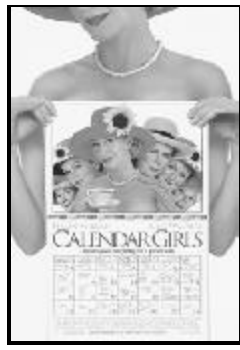
WEDNESDAY
 11 a.m./5 p.m. Forrest Gump (PG-13)
 2 p.m./8 p.m. Honey (PG-13)
 11 p.m./5 a.m. White Men Can't Jump (R)
 2 a.m. Hamburger Hill (R)

THURSDAY
 11 a.m./5 p.m. The Mask (PG-13)
 2 p.m./8 p.m. The Emperor's Club (PG-13)
 11 p.m./5 a.m. Bulletproof Monk (PG-13)
 2 a.m. Bounty Hunters (R)


SAKURA THEATER



HIDALGO
 Based on the true story of the greatest long-distance horse race ever run, "Hidalgo" is an epic action-adventure. The Ocean of Fire — a 3,000 mile survival race across the Arabian Desert — was a challenge restricted to the finest Arabian horses ever bred, the purest and noblest lines, owned by the greatest royal families. In 1890, a wealthy Sheik invited an American and his horse to enter the race for the first time. (135 minutes)



CALENDAR GIRLS
 This film tells the true but slightly fictionalized story of 11 middle-aged women, ages 45 to 60, from the small village of Rylstone in Yorkshire, England who posed naked for the annual calendar of local branch of the Women's Institute, to raise money for medical research, after one of the husband, John Baker, of one of the members, Angela Baker, becomes terminally ill from leukemia. (108 minutes)



THE COOLER
 Bernie Lootz is the unluckiest man in Las Vegas. Looking to knock out their highest rollers, one of the last mob-run casinos in town decides to use Bernie as a "cooler" to defuse their lucky streaks. The scheme goes fine until Bernie falls in love with a cocktail waitress who becomes his "lady luck", much to the chagrin of the casino's crooked director who aims to break up the romance, and Bernie's new found luck. (103 minutes)

FRIDAY
 7 p.m. Hidalgo (PG-13)
 10 p.m. Eurotrip (R)

SATURDAY
 1 p.m. Agent Cody Banks 2 (PG)
 4 p.m. Confessions Of A Teenage Drama Queen (PG)
 7 p.m. Calendar Girls (PG-13)
 10 p.m. The Cooler (R)

SUNDAY
 4 p.m. Scooby Doo 2 (PG)
 7 p.m. Twisted (R)

MONDAY
 7 p.m. Against The Ropes (PG-13)

TUESDAY
 7 p.m. The Passion Of The Christ (R)

WEDNESDAY
 7 p.m. Eurotrip (R)

THURSDAY
 7 p.m. Confessions Of A Teenage Drama Queen (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

May 17 - DLAB

May 19 - ACT

May 20 - SAT

May 24 - EDPT

May 26 - DLPT

For more information, call 253-3855.

CHRO

CHRO Training

■ **Family Member Local Employment Orientation:** May 12, 8-9 a.m.

■ **RESUMIX:** May 12, 9:30-10:30 a.m.

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

■ **EBIS/My Pay/TSP:** May 18, 1-3 p.m., Distance Learning Center, Building 360.

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 except EBIS/My Pay/TSP class.

MCCS

Career Resource Management Center (253-6439)

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

■ **10 Steps To Federal Employment:** Thursday, 1-3 p.m.

Club Iwakuni (253-3727)

■ **Friendship Day:** Wednesday, all Club dining facilities are closed. The only lounge open is the Eagle's Nest, 4 p.m. to midnight. Join us for an All Ranks BBQ on the verandah 7-10 p.m.

■ **Mother's Day Brunch:** 10 a.m. to 2 p.m. Call 253-5416 to make a reservation. Enjoy carving, omelete, crepe stations, soup and salad, stuffed flank steak rouladen, crusty-herbed fried chicken, accompaniments and a variety of desserts.

MCX (253-5641)

■ **Mother's Day Sale:** Now through May 9. Discounts on women's apparel and shoes, jewelry, cosmetics and more.

Single Marine Program (253-3891)

■ **Yanai Go Carts,** Sunday, 12 p.m. \$10 transportation and 2,000 yen for seven laps. Bring yen to shop at Mr. Max afterwards.

■ **SMP Committee Meeting,** May 7, 10 a.m.

■ **Hiroshima Baseball Trip vs. Tokyo Giants,** May 8, 3 p.m. \$10 transportation. Bring yen for admission.

Youth Center (253-4769)

■ **Camp Adventure and Panther Cub Camp 2004:** Registration begins Monday and is on-

going for the June 14-Aug. 20 summer camps, available to three to 12-year-olds. Sign-up fees are based on total family income. L.E.S. is required upon registration.

■ **Cinco de Mayo,** May 8, 6-9 p.m. at the Youth Center. Open to kindergartners through sixth graders.

Teen Center (253-6454)

■ **Keystone Meeting:** Every Friday, 5-7 p.m.

■ **Okayama Action Sports Park:** Saturday, 8 a.m. to 8 p.m. Experience in-line skating, in-line hockey, BMX, skateboard, free climbing and more. Admission is ¥1,400 for high school students and ¥1,000 for junior high school students.

■ **S.M.A.R.T. Girls' Meeting:** Sunday, 3-5 p.m.

■ **Cinco de Mayo:** May 8, 6-9 p.m. at the Teen Center. Open to fifth to twelfth graders.

University of Maryland

Term V registration is open May 17-28. To enroll, visit Building 411, Room 110, 7:30 a.m. to 4:30 p.m. for an application. Students interested in taking English or Math must call to schedule a placement exam. Term V lasts May 31 to July 24. Call 253-3494 for more information.

Semper Fit Vegetarian Style Cooking Class

May 18, 6-7:30 p.m. at the Iron-Works Gym Wellness Kitchen. Sign-up for \$5. Call 253-6359 for details.

Sponsorship Training

Tuesday, 10-11 a.m. Find out if you have what it takes to sponsor a family moving to MCAS Iwakuni. Call 253-3311 for details.

COMMUNITY

Crime Stoppers

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

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 Sallie Donahue at 253-5328 for more information.

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

Sunday	8 a.m.	Non-Denominational Christian Worship Service
	9:30 a.m.	Sunday School/ Adult Bible Fellowships
	11 a.m.	Gospel Worship Service
	7 p.m.	Liturgical Divine Worship (1st Sunday of the Month)

Cooperative Chapel Ministries

3rd Saturday 8 a.m. Men's Fellowship Breakfast

LAY LED SERVICES

Church of Christ

Sunday	9:30 a.m.	Bible Study
	10:30 a.m.	Worship Service
Wednesday	7 p.m.	Bible Study

Jesus Christ Apostolic

Sunday	12:30 p.m.	Worship Service
Thursday	6:30 p.m.	Bible Study

Seventh-Day Adventist

2nd & 4th Saturdays
9:30 a.m. Sabbath School/Worship

Jewish

Friday 6 p.m. Shabbat

Latter Day Saints

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

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



Lance Cpl. David Revere

Got Gas?

An EA-6B Prowler engine prepares to be examined in a Marine Aviation Logistics Squadron 12 "hush house." The room is set aside to test engines using a T23 test cell. Cables hooked up to each compartment of the engine enable the cell to send readouts to a nearby control center. In keeping with the artist's depiction, the space behind the engine eats the exhaust and safely filters it through mufflers.

Personal trainers maximize effectiveness, motivate

STORY AND PHOTOS BY
PFC. LYDIA DAVEY
Combat Correspondent

Last year, Americans spent millions of dollars in an effort to develop stronger and more fit bodies. The government has long recognized the beneficial effects of regular exercise and proper nutrition. Consequently, the Marine Corps places a tremendous emphasis on physical fitness.

In addition to mandatory unit physical training, scores of Station Marines choose to participate in other forms of personal fitness development. Many family members and civilians also take advantage of the Station's gyms and facilities.

Some residents exercise casually, and some with definite goals in mind,

but nearly anyone can benefit from the professional assistance of a personal trainer.

Marine Corps Community Services' Fitness Coordinator and Personal Trainer Charla Truesdale helps clients analyze their areas of weakness, develop correct training forms and techniques and customize nutrition plans.

"We help our clients make lifestyle changes," Truesdale said. "It's easy to do a workout and waste time; a personal trainer can help you maximize the effects of your workout and prevent injury."

Clients range from Marines and Sailors who are seeking better physical fitness test

scores, to family members and civilians who want to begin an effective workout program, to individuals whose existing training or performance levels need a boost, said Truesdale.

"The program is also open to people suffering from chronic health conditions or recovering from injuries," she noted.

Truesdale speaks with someone everyday, about program options, and said she has a "good mix (client base) of males, females, active-duty service members, and family members."

Before beginning a specific program, clients complete a health history and screening form, state their fitness goals, and explain their motivation for beginning the course and



Joy Poynor, military family member, pumps iron as Marine Corps Community Services' Fitness Coordinator and personal trainer Charla Truesdale observes and gives pointers during a training session at the IronWorks Gym April 16.

their dedication level to the program, said Truesdale.

"Clients are usually seeking weight management or a change in body-fat composition," the Texas native stated.

After completing the screening form, potential clients take a cardiovascular, strength and flexibility test, and submit information to the MicroFit system. The MicroFit system is a computer program designed to analyze information such as a client's blood pressure, height, weight, body fat and body mass index, said Truesdale.

Truesdale then uses the information to design the client's workout.

"We stress new habit development and the importance of consistency," she said. "It's an education process."

Joy Poynor, military family member, recently began a personalized fitness routine. Although she had previously been using a cardio and strength training program, the Alma, Ark.,

native decided to utilize a personal trainer because, "I wasn't getting results on my own and wanted a specific plan."

Poynor said she will complete a few more sessions with Truesdale before exercising on her own. Such a scenario is common among many clients, Truesdale said.

"Not all of our clients are ongoing," she said. "We want [our clients] to become self-sufficient."

There are two personal trainers available, said Truesdale.

"The demand [for personal trainers] is high," she said. "I'm always looking for the opportunity to train qualified and interested people to become personal trainers."

"It's very beneficial and very rewarding," Truesdale said of her profession.

For more information, please call 253-5051.



Charla Truesdale, Marine Corps Community Services' fitness coordinator and personal trainer, assists Joy Poynor, military family member, in a posture adjustment during a training session at the IronWorks Gym April 16.

IWAKUNI SPORTS SCENE

MILITARY TUESDAY GOLF SPECIAL

Starting May, every Tuesday, from 1 p.m., active duty service members play golf for \$1. Then from 1-8 p.m., service members show their \$1 green fee receipt at the Eagle's Nest Lounge to receive a \$1 draft beer and an order of buffalo wings for \$1. Only one order per customer allowed.

OVER 30 SOFTBALL

Coaches meet May 10, 10 a.m. in the Wellness Room. Season begins May 20 with games on Thursdays. Sign-up at the IronWorks Gym. Call 253-5777 for more information.

SUMMER SWIM LESSONS SESSION ONE

The Station residents interested in taking group swim lessons register beginning Monday, 9 a.m. to 5 p.m. at the Aquatics Scuba Locker in

the IronWorks Gym. Morning and evening classes will be held June 14-25. Call 253-4966 for more information.

FAMILY APPRECIATION DAYS

Saturday and May 15, 1-5 p.m. All games are half price at the Bowling Center. For more information, call 253-4657.

6-MAN SOCCER

Coaches meet Tuesday, 10 a.m. in the IronWorks Gym Wellness Room. Sign-up at the IronWorks Gym. Call 253-5777 for details.

WATER SAFETY INSTRUCTOR CLASS

Completion of this course provides instructor level certification. Students must be at least 16 years old to register. Sign-up costs \$100 and is available at the IronWorks Gym. Class is May 10-14, 5-9 p.m.

Runners arrive in droves to pound pavement

LANCECPL RUBEN D. CALDERON
Combat Correspondent

More than 750 men and women sweated, strained and ran in the 38th Annual Kintai Marathon here.

Approximately 750 Station and Iwakuni residents took part in the two-part marathon.

The marathon was divided into two separate races, said Turbo Uemura, IronWorks Gym recreational specialist. The full marathon was 26.2 miles and the half race was 13.1 miles.

Last year's marathon was host to only 150 people, said Billie Scott, IronWorks Gym health promotions director. "This year's marathon had a better turnout."

For the past ten years the marathon has taken place here on the Station, said Uemura. The race used to go beyond the front gates of the Station, but due to growing traffic and constant construction, the route of the race was changed to four laps around the Station for the full marathon and twice around for the half marathon.

This year's marathon proved to be a good turnout, said Scott. "Events like this bring friendship between the Station and the community."

"This is a good way for both cultures to come



Lance Cpl. Giovanni Lobello

A group of Japanese nationals run around the Station during the Kintai Marathon Saturday. The participants had the choice of running a half or full marathon.



Lance Cpl. Giovanni Lobello

Richard Robinson puts his hands up in triumph as he approached the finish mark of the Kintai Marathon. Robinson ran a half marathon consisting of 13.1 miles.



Master Sgt. Eric Drummond

Runners of all ages run the Kintai Marathon on Station, Saturday.

together. There are over 750 participants in the marathon. About 500 hundred of these people are Japanese. There was a large response to the event," said Uemura.

Tracey Iguina, Dickinson, N.D., native, is a four-time marathon runner and does not have lukewarm feelings about the runs until after it's over.

"Every time I finish a run I say to myself 'I will never run another one again,'" she said.

"It's painful. My feet hurt, my knees are swollen, but it's okay," said Aaron R. States, marathon runner who completed the full race in 4 hours and 50 minutes.

"If anyone runs a marathon, they will have to train a lot prior to it," according to the first-time runner. "A runner has to work themselves up to it."

For the full marathon, the winners were Tetsuaki Nomoto coming in at 2 hours, 24 minutes and 56 seconds; for the men's division, and Noriko Yamamoto completing the run with a time of 3 hours, 30 minutes, and 31 seconds; for the women's division.

Half marathon winners were Manabu Isozaki, for the men's division, coming in at 1 hour, 8 minutes, and 56 seconds, and Iguina, with a run time of 1 hour, 30 minutes, and 45 seconds.



Lance Cpl. Giovanni Lobello

The Matthew C. Perry High School Junior Marine Corps Reserve Officer Training Corps sell cookies and cakes to participants and bystanders at the Kintai Marathon, Saturday.



Lance Cpl. Giovanni Lobello

Hiromi Ishida stretches out Takako Kitamura before the beginning of the Kintai Marathon which ran around the Station.