

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

JULY 2, 2004

Parking regulations keep terrorism at standstill

LANCE CPL RUBEN D. CALDERON
Combat Correspondent

Since the tragedy that struck the United States Sept. 11, 2001, several orders retaining to terrorism have been implemented in the Marine Corps.

From the most significant, the 4th Marine Expeditionary Brigade anti-terrorism efforts; implemented by Gen. James L. Jones, 32nd Commandant of the Marine Corps, in 2002, to what seems the most trivial: parking.

Marine Corps Air Station Iwakuni Order P5560.8A states, "No person shall park any vehicle in the parking lots of the Commissary, Marine Corps Exchange and Crossroads Mall, which are to be left overnight. This includes vehicles which are being privately sold, and left in place due to deployment, or Information, Tours and Travel sponsored trip."

Since Iwakuni is deployment hub for a lot of units on temporary duty assignments, cars will be left alone for months, according to James Monroe, Station pass and registration supervisor.

"If a vehicle is parked in a public place such as the Commissary, how does one know what can be inside

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Vikings return from Alaska

PFC. LYDIA DAVEY
Combat Correspondent

Marine All-Weather Fighter Attack Squadron 225 returned to Iwakuni from Eielson Air Force Base, Alaska, Saturday after participating in Exercise Northern Edge 2004.

The squadron deployed to Alaska May 31, to provide support to the joint-service exercise that incorporated more than 150 aircraft and 9,000 service members.

"Our mission was to exercise forward deployment capabilities and to provide actual operating forces to help exercise wing command and control," said Maj. Che Bolden, VMFA(AW)-225 training officer and assistant operations officer.

"Specifically, we focused on ensuring that the aircrew was accustomed to a large force exercise," he added.

The squadron worked closely with the United States Air Force, said Bolden.

"Joint operations make each branch of the military more effective," said Sgt. Maj. Curtis Anderson, VMFA(AW)-225 sergeant major. "It's important to know how other services operate, and for them to understand how we do business."

In addition to their regular workload, the Marines also took time to provide a group of Air Force Junior Reserve Officer Training Corps cadets a tour of the squadron's F/A-18D Hornet fighter jets.

Interaction with local communities is a regular occurrence

for the squadron, said Anderson.

"It's good to host young midshipmen and the cadets that come to visit us," he said. "They leave with a better perspective of military life."

"The squadron as a whole got a lot accomplished, especially with the aircrew's training," said Bolden. "We did the best we could and should have done."

"Anytime you go on an exercise and return without a mishap, you've been successful," said Anderson. "I couldn't ask to be in a better squadron."



Pfc. Lydia Davey

Sgt. Christopher Ortiz parks an F/A-18D Hornet fighter jet attached to Marine All-Weather Fighter Attack Squadron 225. The squadron recently returned from the joint-service Exercise Northern Edge 2004 at Eielson Air Force Base, Alaska.

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IWAKUNI WEATHER



Today
Partly Cloudy
High: 85



Saturday
Scattered T-Storms
High: 85



Sunday
T-Storms
High: 83

www.iwakuni.usmc.mil

Tour lengths extended for Japan Marines

CPL. ROBERT W. WYNKOOP
Combat Correspondent

Headquarters Marine Corps recently announced a change in the current Marine Corps Bases Japan and Third Marine Expeditionary Force assignment policy.

The modification, outlined in Marine Administrative Message (MARADMIN) 267/04, increases the tour length of unmarried Marines on their first enlistment from one year to two.

"This process has already started," Sgt. Maj. David Allison wrote in an all-hands e-mail message to Marines here, June 23, notifying Marines of the change. "The last two JRC (Joint Reception Center) classes have had over half (of the Marines) reporting in on two year tours. All have been sergeant and below."

One of the newest members of the Iwakuni team, Carlsbad, Calif., native,

Lance Cpl. Michael Prowant, who recently finished his military occupational specialty of special intelligence communicator, arrived here, June 25, with orders for a 24-month tour of duty.

Prowant, surrounded by Marines of the same rank who will be leaving the station in just one year vice his two, said he doesn't mind the extra time at all.

"I like it," Prowant said smiling, "I just wanted to come to Japan. This was the first choice on my dream sheet; I didn't care if I came for one year or two years. I just wanted to come here."

The change in the tour length may arouse some suspicion on the current policy for overseas extensions. Previously, Marines who opted to extend beyond their 12-month obligation were granted an incentive to do so. The incentives ranged from a \$2,000 bonus, 30 days of special leave, or 15 days special leave and a flight back to the United

States. Now, incentives may only be necessary for those extending beyond the two-year mark.

"All extensions will still be one year in length, so Marines who have served their two year tours can stay for a total of three years and receive an incentive," according to Sgt. Talisha Robbins, overseas extensions noncommissioned officer in charge, Installation Personnel Administrative Center (IPAC).

Robbins said that last year about one third of the more than 100 Marines who extended here opted for the \$2,000 bonus money, but the rest took the 30 days of incentive leave.

"Personally, I think (Marines) will probably be less likely to do an overseas extension because they will already have been here for two years," Robbins said, "Marines shouldn't have to have an incentive to stay here, but it's nice

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Torii Teller

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The "Torii Teller" welcomes Letter to the Editor submissions. Letters are the opinion of the writer only. Submissions can be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to bonidw@iwakuni.usmc.mil.

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Phone Office informs misinformed

CHIEF WARRANT OFFICER C.H. LASUER

Letter to the Editor

In the June 11th edition of the "Torii Teller," I read an article regarding telephone service aboard MCAS Iwakuni.

As the Station telephone officer, I would like to address this Marine's comments. If he had taken the time to ask some questions before submitting his commentary, he would have realized that some of his assumptions are incorrect. I think some of his statements may be misleading to the residents of the Station and I'd like to set the record straight.

The command Telephone Division S-6 does not have a policy that prohibits residents of the bachelor enlisted quarters from obtaining unrestricted telephone service. However, the commanding officers of certain units have asked us to require a letter from the command prior to activating "unofficial" telephone service for sergeants and below assigned to their commands and residing in the barracks.

These letters indicate what class of service the individual is authorized to apply for. We are simply following this guidance. What few people realize is that the low long-distance rates are given to us by the Japanese carriers because they are assured of receiving prompt payment. We pay them in full for all toll charges made aboard the Station before we collect from our customers.

Any delay in being reimbursed for these calls means that the S-6 Department must absorb the costs for these calls out of our limited operation and maintenance funds. We must promptly collect money owed to the government in order to continue to operate.

We comply with the wishes of these commanding officers in the hopes that it will reduce the amount of unpaid bills each month. I realize that most barracks

residents have always paid their bills on time. However, before this change was implemented, the majority of delinquent bills were from residents of the barracks impacted by the policy. I would advise any individual unhappy with the class of service they have been granted to address these concerns up their chain of command.

I would also like to point out that the S-6 Telephone Division is in no way associated with Japanese Enhanced Network System. In fact, "official" telephones aboard the Station don't have the capability to dial the JENS access number. The article stated that staff noncommissioned officers and other JENS customers "happily" spend six yen per minute for long-distance phone calls. To the best of my knowledge, the lowest per minute rate offered by JENS is significantly higher.

The six yen per minute rate to continental United States is given to all of our "unofficial" customers with access to international service. As we have no affiliation with JENS, I cannot comment on their ability to set up "some type of prepaid barracks phone plan." I recommend that any matter related to JENS should be brought directly to them or MCCA.

In closing, I would like to ask all residents to please keep in mind that we are not a typical telephone company. Our primary mission is to provide reliable voice communications for "official" subscribers. Our secondary mission is to support the Defense Switched Network (DSN) by providing alternate DSN trunking for Department of Defense installations in the Pacific Theater.

I understand the importance of the service we provide to the quality of life here in Iwakuni. We make every effort to provide reliable, quality "unofficial" telephone service to our customers within the limits of our capabilities. As a government owned and operated facility, we simply cannot mirror the telephone service offered by civilian companies.

Glory days of past remembered

CHAPLAIN S.S. BROWN

Letter to the Editor

"Reagan Dies," read the stark headline. I must admit I was rather taken aback that morning, last June 6, when I checked the news online before Sunday services.

Our former commander in chief and 40th president had been battling Alzheimer's for a while, so it wasn't like word of his passing was a shock. I suppose it's more a case of not having heard anything about President Reagan for so long that the news just jolted him back into my consciousness.

I suppose I'm fond of President Reagan because of the many fond memories I have from the era named for him. In fact, one of the most powerful memories I have is of an event that occurred during his presidency, in 1986: The Fourth of July pyrotechnical extravaganza, which also celebrated the 100th anniversary of the Statue of Liberty's dedication.

To this day I can't figure out how it happened, seeing as how I'm not all that crazy about fireworks, or crowds either, for that matter. But somehow my friends managed to talk me into making the trek, that 4th of July, to the edge of New York harbor. There we

were, on a mild summer's day, late in the afternoon on a little ridge overlooking hundreds of Operation Sail boats and ships — the centerpiece of which was the USS JOHN F. KENNEDY; and "Lady Liberty," recently unveiled from shrouds and scaffolding following her extensive renovation; the majestic twin towers of the World Trade Center across the harbor on the southern tip of Manhattan, like two benign giants simply surveying the scene. Surprisingly, the crowd was mellow, the mood serene. And all was right with the world.

Then suddenly, there they were: Marine Corps one and two companion helicopters, approaching and landing on the KENNEDY. I, my friends and the crowd all around us knew that something momentous was about to begin.

And begin it did! Shortly after sunset, "Ronald Reagan stood on the deck of the JOHN F. KENNEDY. As he pushed the button that sent a laser beam across the New York harbor to light the refurbished symbol of the American promise (Lady Liberty's gold torch), the skies above erupted in the biggest display of fireworks in history." (So says a PBS Web site describing that July 4th). Of the many incredible sights and sounds that day

among the most impressive were the massive glass facades of the Twin Towers reflecting, like two gargantuan mirrors, this was the "biggest display of fireworks in history." "Glory Days," indeed, as Bruce Springsteen once sang!

Of President Reagan, Lyn Nofziger, a close aide, once said, "Reagan was a bit of a mystic, and very much a man who believes in the Almighty and in a plan that the Almighty may have. He thought that America was sent here between two oceans for a very specific purpose, which was literally to be a beacon of freedom to the rest of the world."

It seems President Reagan was rooted firmly in a grand tradition of our great nation and her great leaders. At an online exhibit from the Library of Congress (<http://www.loc.gov/exhibits/religion/>) we're reminded, "That many of the colonies that in 1776 became the United States of America were settled by men and women of deep religious convictions who in the seventeenth century crossed the Atlantic Ocean to practice their faith freely." The Web site continues:

"The result was that a religious

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Volunteers needed for trash cleanups

COMPILED BY
TORII TELLER STAFF



Official Torii Teller Photo

A group of Marines clean through tide pools along the shore to police any garbage hidden there during last year's cleanup.

The Nishiki River and Tsuzu Beach Community cleanup projects desperately need volunteers in order to facilitate efforts at building a stronger bond with MCAS Iwakuni's host country.

The annual Nishiki River cleanup takes place July 10 from 7-10 a.m., and the Tsuzu Beach cleanup will run July 13 from 9:30-11:30 a.m.

Over 80 residents from the Station stormed Tsuzu Beach last year, resulting in the cleanup of more than 16,300 pounds of plastic, cans, bottles, seaweed, driftwood and any other items polluting the waterfront.

According to Sgt. Elton Mcleod, Combat Service Support Detachment 36 supply clerk, the cleanup project was a great experience for him during his stay in Iwakuni.

"It was a chance to give something

back to the community for all the hospitality I have received while I have been here," said Mcleod.

Although these two cleanup

projects give Station residents a chance to return the favor shown to them by the local community, they also provide the installation with an opportunity to

strengthen relations with the host country.

"This is a great example of our military community showing support to the community we depend on for support, said Col. Dave Darrah, Station commanding officer at the end of last year's cleanup. "The Japanese really look favorably on Marines and Sailors when they take the time out and get involved in the local community, cleaning up something they use. The beach turned out clean as a whistle, we even pulled weeds and trimmed back branches."

This year both events are seeking volunteers and time is drawing near.

"Without volunteers there is no cleanup for either place, so please come and sign-up, you won't forget it," said Yukie Wada, Public Affairs Office community relations.

For more information or to sign-up, call Wada at 253-5551.

Clinic welcomes new skipper

LANCECPL. DAVID REVERE
Combat Correspondent

Cmdr. Rachel D. Haltner assumed command of the Branch Medical Clinic from Cmdr. Don Albia in a change of command ceremony, Friday.

Albia, who has led the staff at BMC in providing outstanding medical service to Iwakuni residents since June 2001, will take charge of BMC Maypoint, Fla.

Haltner graduated from Concordia University in St. Paul, Minn. with a Bachelor of Science degree in environmental science and chemistry. In 1988, she was conferred a degree of Master of Science in environmental and public health with a minor emphasis in administrative management from the University of Wisconsin.

Haltner was commissioned into the Navy in 1988, and was initially assigned for duty to the Navy Environmental Health Center in Norfolk, Va., as an industrial hygiene officer where she served two years. Her first operational assignment was a split tour where she served first as assistant safety officer and industrial hygiene officer aboard the USS America for one year, then the USS Enterprise for nearly two years.

As the first female to be regularly assigned to either ship, she completed all requirements for underway watch standing, both in engineering and navigation. She then volunteered for a follow-on sea tour aboard the USS Yosemite where she served as the safety department head during the ship's participation in Operation Desert Storm. There, she was designated as a surface warfare medical department officer.

In 1994, Haltner returned to Norfolk to assume duties as executive officer of the Naval Occupational Safety and Health, and Environmental Training Center. Following a three-year tour, she was assigned as the Force IHO on the staff of Commander Naval Air Force, U.S. Atlantic Fleet. She began a near four-year tour at Naval Medical Center, Portsmouth, Va. in August 2000. She initially served as assistant and then acting director for Health, Safety and Environmental Services.

Following that, she served as product line leader for Immunizations, team leader for Chemical and Biological Exposure Disaster Preparedness Team, and, for the past two years, as service line leader for Preventive Care and Wellness. Deployed with Fleet Hospital One Five, First Marine Expeditionary Force in support of Operations Iraqi Freedom and Enduring Freedom, she served as department head of Occupational Health, Safety, Environmental, and Chemical and Biological Warfare.

Haltner has received the Captain Ernest Brown Award for excellence in Occupational Health and the Chief of Naval Operations Jerry Shultz Award for outstanding contributions to Industrial Hygiene. She is a member of Phi Kappa Phi National Honor Society for academic and professional excellence and was recognized by the University of Wisconsin as Alumni of the Year.

Haltner's personal awards include the Meritorious Service Medal, the Navy Commendation Medal with Gold Star, the Navy Achievement Medal with Gold Star, and various unit and campaign medals and ribbons. She is married to retired Navy Capt. Russell E. Tate of Phoenix, Ariz. The couple has two children, Grace and Erik.

"I'm thrilled to be here at Branch Medical Clinic,"



Lance Cpl. David Revere

Cmdr. Don Albia shares parting words during the Branch Medical Clinic change of command ceremony, Friday.

NEWS BRIEFS

CORRECTION

In the June 18th edition of the "Torii Teller," the article "Runway Relocation Project saves land" misquoted Cmdr. David Sasek, Facilities officer as stating "Originally, we planned on having (Marine Aircraft Group 12) located on the north side and ordnance was going to be on the south side of the Station. Now MAG-12 will be located on the South Side and ordnance on the North Side of the Station."

The actual quote was, "Originally, we planned on having Marine Aircraft Group 12 located on the south side of the Station and ordnance was going to be on the north side. Now MAG-12 will be located on the north side and ordnance will be on the south side."

The article stated the runway design was changing as a result of this initiative. Actually, the design of the runway itself is not affected by this change. The article also implied this change is driven by the location of the smoke stacks at the north end of the runway. This is not true. The smoke stacks at the end of the runway drove the overall need for relocation of the runway but did not impact the change in the location of the ordnance and MAG-12 areas.

IWAKUNI HUNTING CLUB

To join the Iwakuni Hunting Club, call Mike Gingles at 253-5999/2112.

Crafts made easy at hobby shop

LANCECPL. DAVID REVERE
Combat Correspondent

The table saw roars to life in the firm hands of the operator, spewing chips as it bites through wood with power and precision. The smell of earth and timber fills the room. Out of destruction, art is born.

It's what happens every weekday night at the Wood Hobby Shop, located on the Station's north side.

The shop, open 5:30- 9 p.m., provides all the equipment needed for wood hobbyists of all skill levels and proficiency.

"It gives people something to do," said Cpl. Burt Rogers, Marine Air Control Squadron 4 Detachment 2 navigational aid technician. Rogers is a shop attendant, but also works on wood projects in his spare time.

"This shop is for people to come and make whatever they want," Rogers said. "A lot of Marines come in and ask for help or need a certain tool. We have all the tools and wood that they will need."

In order to begin using the equipment, Rogers said a safety certification is required.

"They have to go through a safety

review," said Rogers. "They take a test that goes through all the tools and gives them an idea of what they do along with all the safety related issues."

From hand tools to power tools, the shop is a wood hobbyist's dream. Rogers said they even order special types of wood if desired.

"I think this is one of the best wood hobby shops in the Marine Corps," Rogers said. "We've had a lot of interesting projects come through."

Rogers points to a bulletin board in the shop entrance covered with pictures of dressers, bed frames, tables, chairs and more. All were created in the shop.

"Plaques are especially popular to make," Rogers said, noting that making a plaque can be far less expensive than ordering one.

"I like putting together plaques and seeing people's response when they get them," said Sgt. Marc A. Cancino, MACS-4 DET-2 air traffic controller. Cancino said he spends a lot of time in the shop, personalizing his creations into meaningful gifts.

"It's nice when you detail it

toward them," said Cancino. "You know their personality and what they like. You can make something they would appreciate."

Rogers recommends that even Marines who have not worked with wood before come by and check out the shop.

"You should come here at least once," said Rogers. "You never know if it's something you'll like. Its good to at least get in there and try. For me, there's something about working on wood that's unlike anything else. It also gives me a break from my Marine Corps work."



Lance Cpl. David Revere

Sgt. Mark A. Cancino cuts a piece of wood during the beginning phases of a project at the Wood Hobby Shop.

Station reaches out to chemically dependant

LANCECPL. DAVID REVERE
Combat Correspondent

Service members aspiring to shed harmful addictions need not feel alone. The Substance Abuse Counseling Center offers education and assistance for any type of chemical dependency.

The primary purpose of the SACC program is to provide screening and evaluation for clients ailing from addictive disorders. The SACC counselors arrange a treatment program or referrals to appropriate treatment facilities as needed. Counselors conduct individual and group counseling or interventions.

According to Staff Sgt. Lamont D. Wilson, Marine Corps Community Services substance abuse counselor, the substance abuse program utilizes

three chief avenues of treatment: education, group sessions and one-on-one counseling.

"We have education about what the substance is, how it affects you and what the consequences can be," said Wilson. "There are also group sessions every Thursday where service members have a safe environment to talk about stuff they can't talk about in their shop."

"Most of the Marines that come here were usually told to by their command," said Wilson. "But anyone can come here for help. If you have a legitimate concern about your drinking problem, it's time to do something about it. That means taking a risk and coming over here."

According to Wilson, service members perpetrating alcohol related incidents are normally referred to the center for six weeks. But since January, 119

people have been treated at this counseling center due to alcohol related incidents.

Wilson hopes service members will seek help, vice becoming a statistic.

"But Marines have to take the risk and be willing to open up," he said.

No matter what the substance is, Lamont said the center is ready to deliver the needed help. Once the treatment is completed to the satisfaction of the counselor, an after action plan tailored to the individual is implemented.

"Sometimes Marines are scared," Lamont said. "But if they know they have a problem, they need to start utilizing the resources that are available to them. Life is in the palm of your hands. It's up to you to do something with it."

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when they do.

"I understand the reason for the change because it will bring stability to the units and benefit the mission here."

Currently, married Marines will not be affected by the new policy. The message states that Marines who are separated from their spouse will only be required to complete the current one-year tour. Other provisions have also been outlined regarding remaining time in service of Marines moving to

Japan. The MARADMIN message reads, "every effort will be made to send Marines with at least 24 months remaining (on their contract)." Marines with less than two years remaining on their contract may still serve here, but the message explains this will be the "exception and not the norm."

The length of tour change is the 1st phase in bringing the Marine Corps into compliance with a fiscal year 2004 mandate governing tour lengths of Department of Defense personnel. The policy began June 22 and will be phased in over a period of five years.

PARKING from Page 1

the vehicle. In weekends, when places like the MCX or the Commissary are filled with people, who's to say that the car does not contain explosives and that it won't explode?" asked Master Sgt. Eric A. Drummond, Provost Marshal's Office operations chief.

Incident such as these have not occurred here, but measures are being taken to prevent disasters from occurring.

"As terrorism intensifies in the world, and especially here in Japan, we must look out for the most mundane things," said Col. Dave Darrah, Station commanding officer.

"9/11 changed everything. We are all targets."

Terrorists focus on the normalities of everyday life, said Darrah. "If a car is left in an unusual place for days and no one reports, eventually it will look normal to everyone. Terrorist look for that. They will plant something in it because no one suspect anything from it."

"Even though we are in Japan, it can still happen. So we must make the Station a hard target for them."

"Force protection is a defense against things like that from occurring," said Darrah.

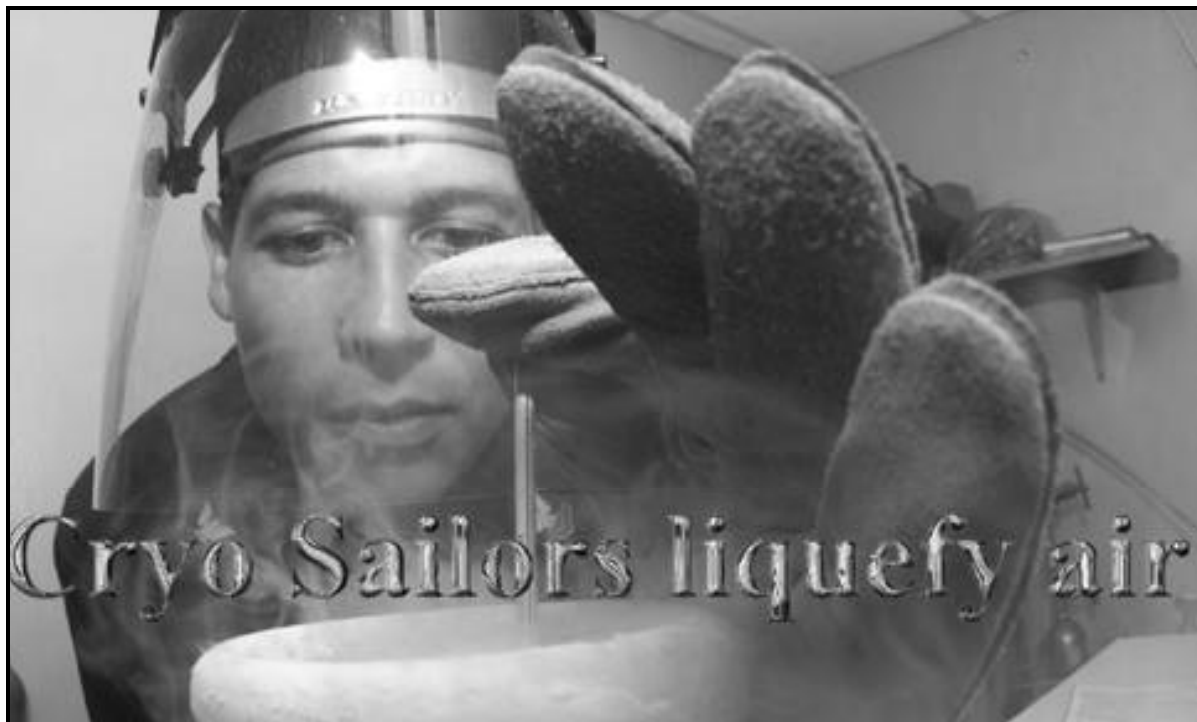


Photo illustration by Torii Teller staff

Petty Officer 2nd Class Isidoro Madrigal, Cryogenic technician, tests the purity of liquid nitrogen at the Station Cryogenics laboratory.

LANCECPL. DAVID REVERE
Combat Correspondent

Feel like permanently destroying the nerve endings on your fingers? According to Navy Cryogenics



Lance Cpl. David Revere

Petty Officer 2nd Class Rodney Florance, Cryogenics technician, collects oxygen stored by the facility to run tests to ensure the oxygen meets purity standards.

division technicians, dipping them in liquid nitrogen for a couple of seconds should do the trick.

Fortunately, these highly trained experts are the only individuals with access to such cool elements around here.

Their job is to pressurize and cool down air into liquid form, separating it into two elements: oxygen and nitrogen. Operating highly technological machines that create temperatures far below -150 degrees Fahrenheit, these Sailors store 2,000 gallons of liquid nitrogen and 3,000 gallons of liquid oxygen a day.

"The whole reason we liquefy the elements is to be able to store them," said Petty Officer 1st Class Csaba S. Hutoczi, Cryogenics technician. "In liquid form, they're hundreds of times more dense than in gaseous form. If we vaporized one gallon of liquid nitrogen, it would fill up a whole room and you wouldn't be able to breath."

These elements have a variety of crucial uses around the Station

to include use in medical equipment, gas-pressured shocks and struts, and air supply for pilots.

"Navy cryogenics provides a unique service because of the specialized expertise the technicians possess in producing liquid oxygen and nitrogen. They possess the ability to maintain the equipment in top readiness condition in support of operational commitments of the command," said Senior Chief Petty

Officer Rollie B. Jara, Cryogenics division officer in charge. "Going through a rigorous technical training period and earning a unique NEC (Navy Enlisted Code) specialty code is a prerequisite these technical engineers need prior to being transferred to Iwakuni."

Expertise is necessary in a job involving extreme and volatile elements. According to Hutoczi, one

spark near a tank of liquid oxygen is enough to cause an explosion, and one coin exposed to liquid nitrogen will shatter like glass when dropped.

Wearing specially-designed boots, gloves, masks and coveralls to protect them from harmful exposure, the Sailors labor to not only liquefy air, but ensure the purity of the elements as well.

"The process is compress, purify, cool down and separate, liquefy and distribute," said Hutoczi. "After we compress it, we clean it by sending it through three filters. We cool it down using pressurizers. As we cool down the air, it will partially liquefy, which will enable us to separate the two main components, oxygen and nitrogen. The end product will be that both elements are 99.5 percent pure."

Thanks to the knowledge and expertise of these technicians, a crucial resource is provided to the Station, helping to ensure the success of it's overall mission.

"Their specialty, coupled with skills and abilities, without question, makes the division unique," said Jara. "But their dedication, teamwork and enjoyment in making the division self-sufficient in the production of (oxygen and nitrogen) and maintaining the equipment is the true uniqueness of the division."



Lance Cpl. David Revere

Liquid nitrogen tanks like this one are used to transfer the extremely cool element to unit holding facilities.

GLORY from Page 2

people rose in rebellion against Great Britain in 1776, and that most American statesmen, when they began to form new governments at the state and national levels, shared the convictions of most of their constituents that religion was, to quote Alexis de Tocqueville's observation, indispensable to the maintenance of republican institutions."

Whatever your religious persuasion or spiritual sensibilities, like President Reagan, may a bit of the mystic shine forth in you. May "the Almighty" reaffirm in the hearts of all Americans the vision of our nation as a proverbial city on a hill, a shining beacon of freedom for all the world to see. And from all of us — the chaplains and religious programmers aboard MCAS Iwakuni — to all of you and your loved ones: Have a happy, healthy, holy, and safe Fourth of July!

BMC from Page 3

Haltner said after the ceremony. "This is one of the finest installations in Asia. I'm proud to be serving with this group of people, and to be here for this base."

Haltner said she was honored to assume command from Albia.

"The clinic has had great leadership under Cmdr. Albia," she said. "He is an outstanding Naval officer, definitely deserving of all the accolades."

Col. Dave Darrah, Station commanding officer, affirmed Haltner's comments, stating Albia will be missed.

"Many of the tenant units often remind me that they are tenant units and ask for a lot of things," Darrah

said. "Cmdr. Albia and the staff at the Branch Medical Clinic have never had that persona. He always acted just as a member of the community, trying to figure out how to better serve the Station. He never reminded me that he was a tenant, and I think that has made him one of the better leaders on this Station and has made our success with the BMC that much greater."

In addition to overseeing the comprehensive and continuous health care of the Iwakuni community, Albia established himself as an integral part of the lives of Station residents.

"I'm going to miss this place," said Albia. "I'm starting to miss it already just because of the many friends, not only here inside this base,

but also out in town. I've been able to go to a lot of their homes and truly experience their culture."

Albia said his staff was crucial to the accomplishment of his job during his tour here.

"The people that work for me have really made my success while I've been here at Iwakuni," Albia said. "We have such a great staff. They really care for the people on this base."

Haltner looks forward to leading that staff for the next three years.

"We've got a lot to look forward to as we continue to provide care for the Marines, Sailors and civilians here," she said. "I've got a great team and I'm looking forward to leading them forward."



Penny Lake

Festivities begin at 3 p.m.



Station enforces rules for firework safety

LANCECPL RUBEN D. CALDERON
Combat Correspondent

As Fourth of July comes about, Station residents will witness the red, white and blue flag wave, unfurl and flow in unison with the wind that blows it.

But before residents carry on with the festivities, residents need to be aware of regulations regarding the use of fireworks on the Station.

"The sale, storage or use of fireworks of any description on any Department of Defense installation or property, including DOD owned housing areas, is strictly prohibited," said Alvin M. Arita, Station fire protection specialist. "The only exception is for public display like on New Years and Fourth of July."

Marine Corps Air Station Iwakuni

Order 5500.4E states that explosives of any type are considered dangerous instruments and are considered a prohibited item.

"Service members are allowed to light fireworks on the Seawall outside of the Station but not on the Station," said Master Sgt. Eric A. Drummond, Provost Marshal's Office operations chief.

Drummond said the reasons for the exemption of fireworks aboard the Station are due to safety concerns.

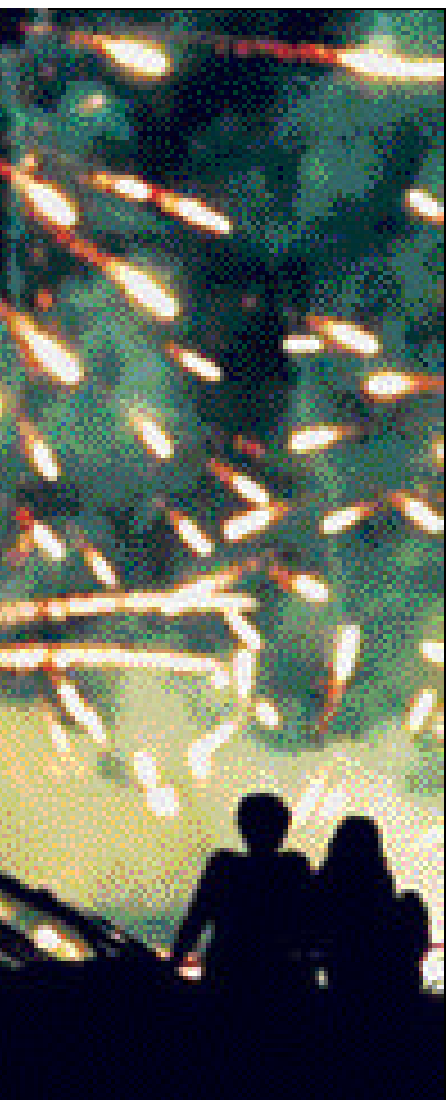
Contradicting Station orders can result in charges.

"If service members are caught with fireworks, they will be punished. Although the situation dictates the severity of the punishment, a myriad of charges can be pressed," said Lance Cpl. Dennis Golden, PMO military police operations clerk.

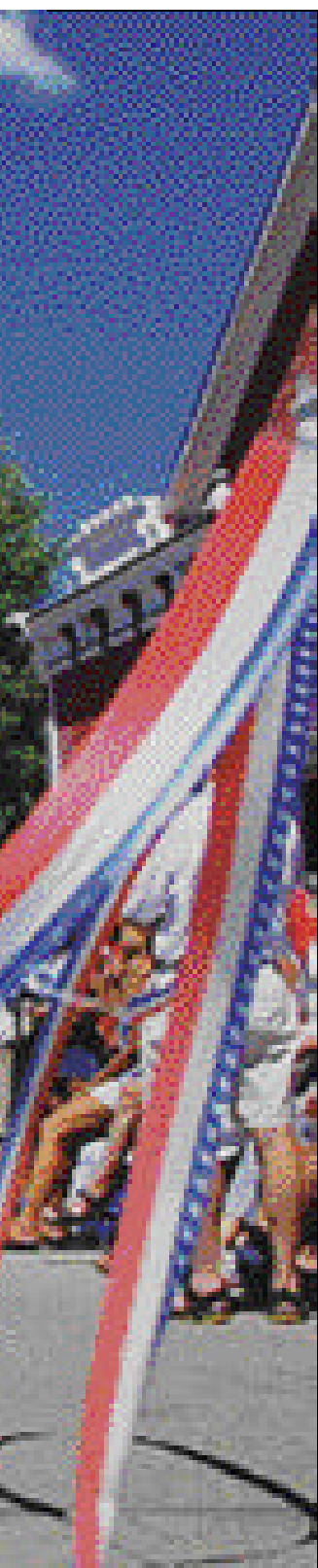
Any type of fireworks found on a person is against the Station orders.

"Consumer fireworks, also known as common fireworks, are devices intended for use by the general public where governing laws permit usage. They contain limited quantities of pyrotechnic composition and include cone and cylindrical fountains, roman candles, small skyrockets, mines and shells, firecrackers and sparklers, and other devices of the sort," said Arita.

There have been no reported medical injuries or structural property fires within the last 25 years here. The last large grass fire with no real property damage was approximately five years ago because of fireworks, according to Arita.



Torii Teller photos



Independence Day Celebration Fourth of July festivities

Provided by Marine Corps Community Services

Who: All Station personnel, families, Japanese employees and friends from outside the gate are invited.

What to do: There will be a watermelon eating contest and watermelon seed spitting contest. Pie lovers are needed for the pie eating contest, and those swift of feet will enjoy the potato sack race and three legged race. There will also be good old fashioned horse shoe tossing.

Where to park: Parking will be available along the road adjacent to the sport fields.

Food: Grills will be smoking with rib-eye steak, chicken, burgers and hotdogs, while those with a sweet tooth will enjoy the cotton candy.

Prizes: Small trinkets will be presented to winners of contests to commemorate Independence Day.

Clinic hosts extended family

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

The Branch Medical Clinic hosted the Akebono Orphanage during a fun-filled day here, June 19.

Visits from the orphanage are annual, sometimes semiannual, events that have been going on for more than 20 years, said Navy Lt. Andy Hayes, BMC recreation committee chairman.

"We always see and recognize their faces," said Hayes. "They are pretty much like an extended family to the Branch Medical Clinic."

The 27 children, ages 5 to 15, traveled from Oshima Island, an hour and a half away from the Station. The children were first greeted by more than 30 smiling service members from the clinic.

The day started with the children being taken to the Sakura Theater to watch an animated "Tom and Jerry" movie.

After an hour of laughs, the children were then taken to the Main Outdoor Pool, where they enjoyed a swim under the warm sun. Located next to the pool, at the Friendship Park, a barbecue was set up for the



Kenta Kusayanagi, 15, and Yukihiro Haikata, 15, were honored at the annual orphanage visit here for their academic accomplishments.

youths to enjoy some "wholesome American food," said Hayes.

"In Japan, food such as meat and fruit like watermelons are expensive," said Hayes. "Here on the Station, it's not. So we want the children to have a chance to experience eating like we do."

The feast was also in honor of Yukihiro Haikata and Kenta

Kusayanagi. The two 15 year-olds were honored for passing the admission requirement for a local Japanese high school.

"Unlike education in the United States, Japanese high school students have to prove they are academically worthy of a high school education. Just like our colleges



Children from the Akebono Orphanage, on Oshima Island, wave goodbye to the service members that joined in on the annual visit here, June 19.

and universities require American College Tests or Scholastic Aptitude Tests scores for admission, Japanese children face admission challenges at an earlier age," Hayes said.

The two teenagers were presented with gifts from the BMC to acknowledge their academic accomplishment.

"I wasn't expecting to be recognized for my accomplishments," said Haikata, "But I was very surprised and extremely happy." "This honor was all of a sudden and I didn't expect it. I am very grateful to the clinic," said Kusayanagi.

The day's festivities concluded with both service members from the



Fun and games were the theme for the day for the 27 children from the Akebono Orphanage that came and visited the Station, June 19.

BMC and the orphanage children extending their appreciation and promises to continue their long-standing relationship.

"This annual goodwill event helps to maintain good relations with our Japanese neighbors and the BMC's community involvement in Iwakuni," said Hayes.



Navy Lt. Andy Hayes, Branch Medical Clinic recreation committee chairman and Setsuko Yuasa, BMC medical translation director, welcome the children from the Akebono Orphanage.

OUT THE GATE

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

Seven Gods Of Fortune Festival

A ceremony will be held Wednesday, 11 a.m. to 12 p.m. at Daishoin Temple on Miyajima Island. The admission is free. It will not be cancelled in case of rain. Call 0829-44-0111 for details.

Tanabata "Parasol Shop" Flea Market

A flea market is scheduled Sunday, 10 a.m. to 4 p.m. in Yanai City. Approximately 30 shops, selling toys, recycled items, clothes and snacks will be set up along the street in front of JR Yanai Train Station. There is also a sale and exhibit of Bonsai trees at a parking lot facing this street. It may be cancelled in case of poor weather. For more information, call 0820-22-3731.

Yasaka Lake Sports Festival

A festival will be held at Yasaka Lake, and participants are invited to join in on the fun. Fireworks and music are scheduled July 24, 5-10

p.m. Regatta race (knucle four, dragon boat and canoeing), golf and more sporting events are held July 25, 9 a.m. to 5 p.m. For more information, call Wada at 253-5344/5551.

Toys And Children's Books Exhibition

There will be a sale and exhibit of nearly 1,500 children's books and 300 pieces of European toys made of wood at the Iwakuni City Auditorium Exhibition Room, Saturday, 10:30 a.m. to 4 p.m. Admission is free. Call 41-1715 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

Toyota Marino Sprinter, 1995, 4 door, great A/C, 4 new speakers, CD/cassette, green, must sell, JCI until April 2006, \$2,000 obo. Call Sgt. Gogol at 253-3656 dwh or 253-2429 aw.

Toyota Town Ace, 1991, P/W, P/L, CD/cassette, interior in great condition, runs good, JCI until Sept. 2004, \$1,000 obo. Call 253-2428 or 32-1827.

Mitsubishi RVR, 1993, 3 door, 4 passenger, \$1,500 obo. Call Sgt. Adams at 253-3594 dwh or 090-9503-4739.

Toyota Windom, 1998, 4 door, sedan, gold, must

sell, great A/C, 6 disc CD changer, JCI until Nov. 2004, \$1,000 obo. Call Sgt. Gogol at 253-3656 dwh or 253-2429 aw.

Mazda MPV, 1992, mini van, good condition, JCI until Jan. 2005, \$700 obo. Call Cpl. Reicha at 253-3003 dwh or Andrea at 253-2545.

Toyota Windom, 1992, 4 door, paid \$2,500 nine months ago, owner had to leave, JCI until April 2005, \$1,200. Call J. Stroup at 253-6293 dwh or 31-8422 aw.

Toyota Surf, 1992, CD player, custom rims/tires, well maintained, SUV, JCI until March 2006, \$3,500 obo. Call Sean or Jolyn at

253-5549 dwh or 253-2291 aw.

Nissan Cedric, 1992, JCI until June 2006, \$2,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

Honda Saber, 1995, AM/FM/CD, A/C, new tires, must sell, PCS in Aug, excellent condition, JCI until Nov. 2004, \$3,500. Call Capt. Mariott at 253-2436.

Suzuki 400ER, 1996, excellent condition, JCI until May 2006, \$2,500. Call MGySgt. Brooks at 253-5472 dwh or 253-6177 aw.

Harley Davidson, Tour Glide Classic, 1988, mint condition, well maintained, JCI until March

2006, \$8,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

OTHER ITEMS

Misc., 2 free cats, must go together, brother and sister, 2-years-old, both fixed, with scratch post and litter box, PCSing and can't take them with. Call Cpl. Reicha at 253-3003 dwh or Andrea at 253-2545.

Misc., bench craft recliner, \$150 obo; Ashley furniture set, couch/loveseat, \$800 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

Misc., entertainment center, \$100; oak coffee table, \$75; futon, \$100; crib, \$30; prowler bike trailer, \$50;

Johnny jumper, \$20; 5 piece couch and tables, less than 4 months old, \$1,600; classic Pooh baby hamper, \$10; wall hangings, \$50; lamp, \$50; comforter and fitted sheet, \$25; valance, \$20; sold together or separate. Call Capt. Mariott at 253-2436.

Misc., Pi Tower speakers, \$250; Van Alstine modified Dynaco ST-70 vacuum tube amplifier, \$400; upgraded Battlehead preamp, \$350; new Heartland cable speaker cables, 10 feet, \$75. Call Mark Parsons at 253-5487 dwh or 090-5266-2270.

JOB OPENINGS


Commissary
Full/part time Commissary Deli employees are needed. \$6.50/hour. Japanese nationals welcome to apply. Applications may be picked up at the deli.

CHRO (253-6828) Clinic:
-Social Worker

-Appointment Clerk
-Working Aide
MCCS:
-Financial Fitness Counselor
Logistics:
-Supply Management Officer
DECA:
-Store Worker (Intermittent)

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

MCCS Job Listing:
-Retail Area Supervisor
-Senior Sales Associate, civilian only
-Procurement Assistant, civilian only
-Catering Manager
-Executive Chef
-Food Service Worker, civilian only
-CDC Supervisor
-Program Assistant, civilian only
-Library Technician
-Recreation Assistant, civilian only
-Accounting Technician, civilian only



MOVIE SCHEDULE

FRIDAY
11 a.m./5 p.m. Brother Bear (G)
2 p.m./8 p.m. All The Pretty Horses (PG-13)
11 p.m./5 a.m. Barbershop 2 (PG-13)
2 a.m. Amistad (R)

SATURDAY
11 a.m./5 p.m. Looney Tunes: Back In Action (PG)
2 p.m./8 p.m. S.W.A.T. (PG-13)
11 p.m./5 a.m. Love Actually (R)
2 a.m. Highlander: Endgame (R)

SUNDAY
11 a.m./5 p.m. Chasing Liberty (PG-13)
2 p.m./8 p.m. Independence Day (PG-13)
11 p.m./5 a.m. Old School (R)
2 a.m. Mothman Prophecies (PG-13)

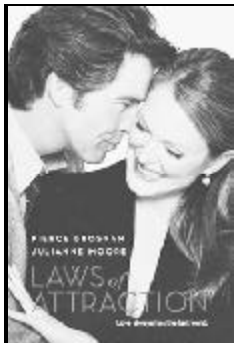
MONDAY
11 a.m./5 p.m. Loser (PG-13)
2 p.m./8 p.m. Paycheck (PG-13)
11 p.m./5 a.m. The Order (R)
2 a.m. American Wedding (R)

TUESDAY
11 a.m./5 p.m. Cat In The Hat (PG)
2 p.m./8 p.m. K-PAX (PG-13)
11 p.m./5 a.m. Lost Souls (R)
2 a.m. 2 Fast 2 Furious (PG-13)


WEDNESDAY
11 a.m./5 p.m. Just Married (PG-13)
2 p.m./8 p.m. Scary Movie 3 (PG-13)
11 p.m./5 a.m. Once Upon A Time In Mexico (R)
2 a.m. Murder By Numbers (R)

THURSDAY
11 a.m./5 p.m. Eight-Legged Freaks (PG-13)
2 p.m./8 p.m. Imposter (PG-13)
11 p.m./5 a.m. White Men Can't Jump (R)
2 a.m. Don't Say A Word (R)


SAKURA THEATER



LAWS OF ATTRACTION
This is the story of two New York divorce attorneys who are often competing against each other, but end up in a relationship nonetheless. When they get married, can they avoid the same issues at home that lead people to provide them business at work? One of the central cases in the story is the heavily-publicized divorce of a rock star from his wife. (90 minutes)



THE PUNISHER
Frank Castle is a man who has seen too much death in his life, first as a Delta Force Op and later as an FBI special agent. He has managed to beat considerable odds, and is finally moving out of the field and into a normal life with his wife and son. On his final assignment, Castle plays his undercover role perfectly, but the operation spins out of control. (124 minutes)



13 GOING ON 30
It is 1987 and Jenna is a 13-year-old girl on the brink of womanhood. The problem is that adulthood is just not arriving fast enough. She's suffocated by her parents, ignored by the hip kids in school—and the cute guy she has a crush on barely knows her name. Jenna invites the cool kids to her 13th birthday party. But the party is a disaster. (97 minutes)

FRIDAY
12 p.m. Power Puff Girls (PG)
3 p.m. Max Keeble's Big Movie (PG)
7 p.m. Laws Of Attraction (PG-13)
10 p.m. The Punisher (R)

SATURDAY
1 p.m. Ella Enchanted (PG)
4 p.m. 13 Going On 30 (PG-13)
7 p.m. The Day After Tomorrow (PG-13)
10 p.m. The Punisher (R)

SUNDAY
4 p.m. Johnson Family Vacation (PG-13)
6:30 p.m. 13 Going On 30 (PG-13)

MONDAY
7 p.m. Kill Bill Volume 2 (R)

TUESDAY
7 p.m. The Punisher (R)

WEDNESDAY
12 p.m. Hey Arnold (PG)
3 p.m. 13 Going On 30 (PG-13)
7 p.m. Troy (R)

THURSDAY
7 p.m. Laws Of Attraction (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

Wednesday - DLPT

Thursday - DLAB

July 14 - ACT

July 15 - SAT

July 21 - AFCT

For more information, call 253-3855.

CHRO

CHRO Training

■ **Human Resources 101:** Tuesday through July 9, 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.

MCCS

Career Resource Management Center (253-6439)

■ **Monthly Transition Assistance Seminar:** July 12-16, 8 a.m. to 4:30 p.m.

MCX (253-5641)

■ **Devil Dog Tuesdays:** Every Tuesday in July, from 11 a.m. to 2 p.m., customers at the Marine Corps Exchange 7-Day Store can receive one free hot dog per person.

Single Marine Program (253-3891)

■ **Space World,** Saturday, 8 a.m.

■ **Hamada Beach & Aquarium,** Sunday, 10 a.m.

■ **Fukuoka Sea Hawks Town,** July 11, 7 a.m.

■ **Pizza Night,** July 13, 6 p.m.

■ **Tokyo Fun Trip,** July 14-17.

Call 253-3585 or 253-5950 for details.

■ **Spades & Dominos Tournament,** July 17, 6 p.m.

Youth Center (253-4769)

■ **Firecracker Dance:** Today, 6:30-9 p.m.

Teen Center (253-6454)

■ **7 Habits for Highly Effective Teens:** Tuesday, 8 a.m. to 5 p.m. Exclusively for 13 to 15-year-olds. Seats are limited to 27.

■ **Washuzan Highland Park in Okayama,** July 16, 8 a.m. to 8 p.m. Visit a Brazilian carnival themed amusement park by the Seto Bridge. There is a roller coaster and big swimming pool with a slide. Admission is ¥2,500. Sign-up before July 13.

Monday Club Operational Hours

Club dining rooms and lounges are closed. The Eagle's Nest Lounge and Dining room are open regular hours. Call 253-

3728 for more information.

Kikkawa Family History Tour in the Kintai area

July 23, 10 a.m. to 2:30 p.m. Lord Kikkawa controlled Iwakuni in the 17th century. His family's museum holds a large collection of their belongings, some of which are considered national treasures, and includes swords and samurai armor. Lunch will be at a traditional Japanese restaurant. Call 253-6165 for more information.

University Of Maryland

Registration for Term one is open Aug. 2-13. Students applying for financial aid for the 2004-2005 academic year are invited to attend a workshop July 20. For details, call 253-3494.

COMMUNITY

Roadwork Notice

One-lane traffic is required on S Avenue as part of the underground utilities relocation for the runway project.

■ Building 658 to Building 330, Monday to July 31.

■ Building 471 to Building 658, July 15-31.

■ Building 330 to Building 313, July 17 to Aug. 14.

■ Building 313 to Building 1010, Aug. 1-20.

Sure Start

Applications are now being accepted for school year 2004-2005. Children must be 4-years-old by Oct. 31, 2004. Pick up an

application at the Matthew C. Perry Elementary School Office. Call 253-3447 for details.

Vacation Bible School

This will be held Aug. 2-6, 6-8 p.m. for ages 3 to 18-years-old. Call 253-5218 for details.

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 1 p.m., Wednesdays from 5-7 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

Every other 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.



Photo by Maria Carron

Hornet's Nest turns seven-years-old

More than 600 service members gathered at the Hornet's Nest to celebrate its seven-year anniversary of the establishment. The Hornet's Nest is open 24 hours a day and has provided service members a place to relax and have fun.

PMO topples MALS-12 Supply, secures championship

STORY AND PHOTOS
LANCE CPL. DAVID REVERE
Combat Correspondent

The Provost Marshall's Office pushed aside Marine Aviation Logistics Squadron 12 Supply, 48-42, clinching the Men's Over 30 Intramural Basketball League championship title for the second year in a row at the IronWorks Gym, June 25.

PMO, led by coach Ronald Nash, had their work cut out for them, having barely edged past MALS-12 in two games during the regular season.

The match-up maintained maximum intensity until the final blow of the whistle. MALS-12 was eager to defeat last year's defending champs, but in the end, was unable to stop PMO's steady onslaught of fantastic shooting.

"We were just knockin' down shots," said



Provost Marshall's Office took the title for this season's Men's Over 30 Intramural Basketball League for the second year in a row.

PMO's Benjamin Akins. "It was a fast-paced game, but we had control of it pretty much the whole time."

Akins scored 19 points, including three devastating three pointers.

"We came in expecting them to shoot threes," said MALS-12's Dale Dudley. "They did and we still couldn't stop them."

Nash said MALS-12 posed the team's biggest threat this season, but still wasn't able to upset their undefeated record.

"We played as a team," said Nash. "We played together, and that really made a difference."

PMO's Roderick Haynes said their competition didn't make it easy, coming within three points before the half. The second half proved to be a different story.

"They took it back and forth for most of the game," said Haynes. "We started hitting the glass better in the second half, and our defense started getting tighter."

"We had a very good team," said Dudley. "We expected a tough game and that's what we got."

According to MALS-12 coach Kostas Lazarou, the toughness was well-matched.

"We both played really well," he said. "Every-

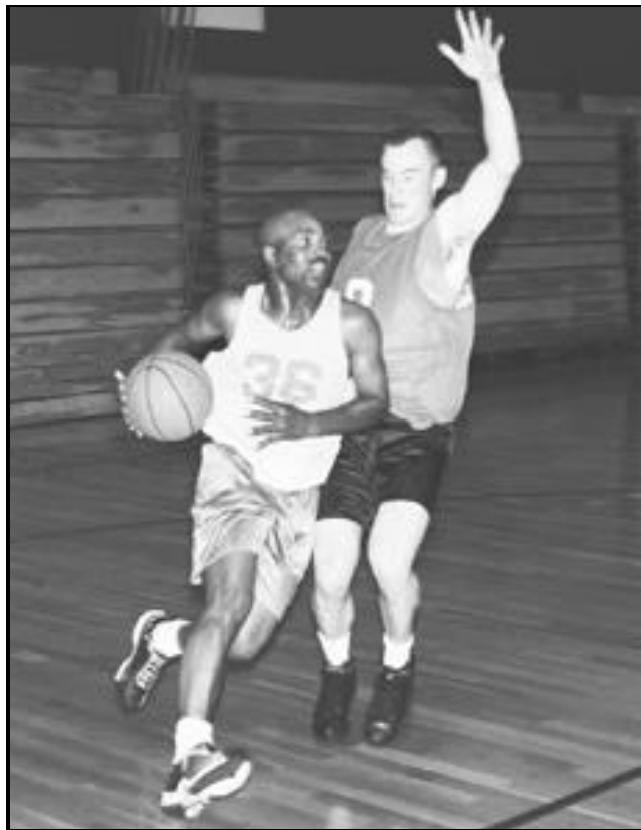


Benjamin Akins, PMO player, takes a jump shot during the Mens Over 30 championship game, June 24.

body put a lot of energy and efficiency into the game."

With two consecutive championship titles netted, PMO looks forward to a three-peat next season, but MALS-12 promises to continue to deliver solid competition.

"The only thing we can really do is practice more," said Dudley. "Once you start playing together more, you start figuring out how everyone works. Who knows where we can go from there?"



PMO's Ronald Nash powers past Andy Hayes during the Men's Over 30 championship game,

IWAKUNI SPORTS SCENE

FIRECRACKER OPEN GOLF TOURNAMENT

The tournament is held on Saturday. Call 253-3402 for more information.

YOUTH SOCCER

Sign-up July 19 through Aug. 23 at the IronWorks front desk for \$30. Late registration from Aug. 24 through Sept. 3 will cost \$40. Call Jamie Buning at 253-3239 for more information. Coaches train Aug. 23-24, 5 p.m. in the IronWoks Gym Wellness Room. Opening ceremonies are Sept. 11, 9 a.m. and closing ceremonies will be Oct. 30, 9 a.m. at the Penny Lake Soccer Field.

UNIT PAINTBALL COMPETITION

The competition is scheduled July 30, 1 p.m. at the MCCC Paintball Range. Military units sign-up before July 26. Only six teams

consisting of eight players may compete, with only one team per unit. Each unit earns 20 points towards the President's Challenge. Winners receive money for their unit party funds. For details, call 253-6359.

PERSONAL TRAINING SERVICES

One-on-one personal training includes one free comprehensive fitness assessment. Costs \$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 more information.

Marines, Japanese pump it up

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

Muscle-bound fitness junkies displayed their well-built talents, June 27, at the IronWorks Gym.

The annual Summer Slam Power and Endurance Bench Press was the site where 18 participants took to the bench and pumped for high scores.

The event invited all on-Station personnel including family members, Japanese Maritime Self-Defense Force, master labor contractors and service members.

"For competitions like this, people usually train for years. There were a few beginners, but mostly there were more experienced weight lifters," said Billie Scott, IronWorks Gym health promotion director.

Albeit there was a wide-range of weight classes represented, each competitor was judged on their own body weight and how many pounds they could lift.

There were eight different weight classes that comprised the competition. The lightest weight lifter was Andre Fung at 118 pounds, and the heaviest was Yasuto Fukushima at 293.5 pounds.

The competition had two categories of weightlifting: power (maximum amount of weight on one bench press) and endurance (maximum amount of repetition lifting).

"The power category is when the lifters lift a max amount of weight in one repetition. The endurance category is when the lifters lift a certain amount of weight, based on their own weight, a maximum amount of repetitions," said Scott.

The overall winner of the endurance category in the male's category was Koichi Iwamoto, doing 38 total repetitions of 161 pounds. In the female's category, the winner was Renaunda Davis, doing 22 total repetitions of 60 pounds.

The level of lifting experience was obsolete due to the fact that each individual lifter, for the endurance category, was judged on a method called the "Swartz Formula."

Out of three attempts, the winners for each weight class in the power category were in the 123-pound class, Fung, lifting a maximum set of 161 pounds. In the 148-pound class, Atsuhiko Kimura took the victory with a lift of 300 pounds. Taking the 165-pound class, Iwamoto, maxed out at 394 pounds. The 181-pound class showcased Jerry Taylor breaking a gym record with a lift of 366 pounds. Three hundred and forty-four pounds won it for Walter Rickett at the 198-pound class, and in the 220-pound class, Anthony Watts put up 428 pounds. Rounding out the competition, heavyweight Fukushima, threw up 511 pounds to take the win. In the female's category, Davis lifted 111 pounds.

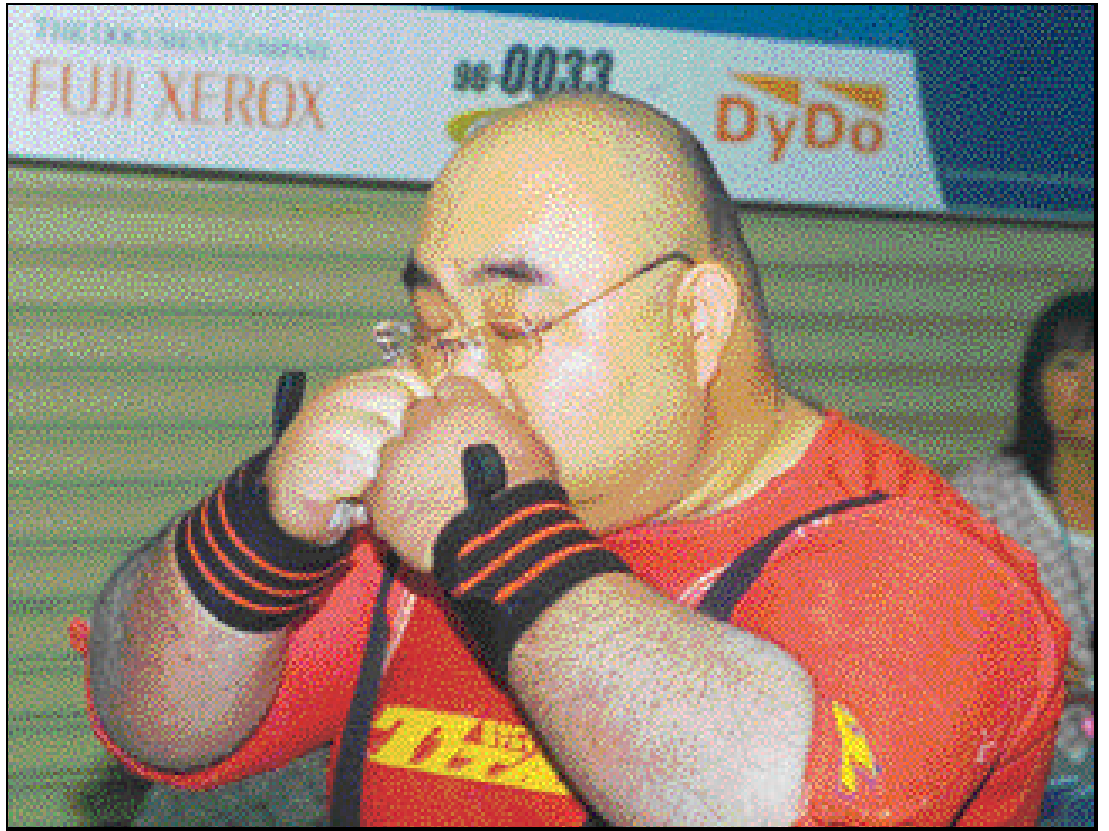
"I workout about four times a week, and this competition gives lifters such as myself a chance to showcase our skills," said Watts, winner of the 220-pound class. "In the end it felt good, but I wasn't satisfied with my final results. My maximum today was 428 pounds, but I need to get up to the 460 pound range."

Rickett, winner of the 198-pound class, shared the same sentiment as Watts.

"My maximum was 344 pounds, but I know I could have done better. Even though I won, I'm still not satisfied," said Rickett.

The gym plans on having another competition in the winter.

For more information on competitions, contact the gym at 253-5051.



Yasuto Fukushima, the heaviest lifter in the competition, prepares to lift his maximum weight of 511 pounds at the annual Summer Slam Power and Endurance Bench Press. The 293-pound weight lifter won 1st place in his weight division



Koichi Iwamoto broke an IronWorks Gym record of lifting more than 394 pounds for his weight class. The 181-pound lifter also took the glory for doing the most repetitions with 38 at 161 pounds.



Renaunda Davis, 122 pounds, won every category for the females division, including both the power and endurance competition. Her max set of repetitions were 22 at 60 pounds and a maximum lift of 111 pounds.