

Congress of military medicine

DOD PRESS RELEASE

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, hosted the 35th International Congress on Military Medicine last week in the metropolitan Washington D.C. area. More than 400 attendees from 70 countries participated in the congress, designed to share experiences and discuss advances on diverse health topics of importance to military medicine. The theme of the congress was "Humanitarian Assistance for Natural and Man-Made Disasters." Presentations, posters and abstracts were offered on humanitarian assistance, emerging infectious diseases including HIV/AIDS and Avian Flu, new concepts and technologies in military medicine, medical preparedness and crisis response, public health and preventive medicine, general military health and organization of medical services.

Guest speakers included U.S. and international experts who shared details about specific programs directly supporting the theme of the congress. Speakers included Ambassa-

see CONGRESS Page 5

Spiderman delivers justice to uninvited guests

LANCE CPL. DAVID REVERE
Combat Correspondent

The regional staff entomologist for U.S. Naval Forces Japan visited Marine Corps Air Station Iwakuni, Sept. 20-24, in order to assist efforts by the Facilities pest control department to eradicate black widow spiders here.

Spider expert Akira Masui inspected problem areas throughout the Station, collecting male, female and juvenile black widows.

"The situation has improved," said Masui, referencing the 60-70 percent decrease in the spider population from 2001. "There are now seven pest-controllers in the Facilities department. They are working every day to eliminate the spiders."

Masui visits the Station annually, conducting surveys and reviewing the eradication and control methods being employed.

According to a Station public affairs press release, the Station also continues to inspect all inbound air cargo and all cargo taken to the Iwakuni port.

The Western Black Widow has attempted to make a home here since 1997. Eradication efforts have also revealed the presence of two of their cousins: the Brown Widow and the Red Back.

"Brown Widow and Red Back spiders are also danger-

ous," said Masui. "But there are only a small number of them here."

According to the Washington State University Web site, mature female black widow spiders have a diameter of approximately one-and-a-half inches. Adult spiders are distinctively shiny and dark colored. The most commonly recognized feature of female black widows is the presence of a red

or red-orange hourglass pattern on the underside of the abdomen. However, in some black widows, no pattern is obvious.

"Black Widow bites are rare," said Navy Lt. Eugene Garland, Branch Medical Clinic environmental health officer. "This type of spider will generally curl into a ball and drop to the ground when confronted. Bites are usually the result of someone putting their foot into a shoe that has been left outside or climbing into bedding while camping."

According to the Washington State University Web site, slight local swelling and reddening at the bite site are

early signs, followed by intense muscular pain, rigidity of the abdomen and legs, difficulty in breathing and nausea.

"If you think you've been bitten and are unable to identify the type of bite, closely observe the bite for several days and be sensitive to any symptoms that may develop," said

see SPIDERMAN Page 5



Lance Cpl. David Revere

A juvenile black widow spider is identified by orange and white striped markings. Males and juveniles are usually harmless.

INSIDE

Learning the basics

Station residents make an effort to learn the basics of the Japanese language before leaving base. **Page 5**

Tumbling little tykes

Station children jump, roll and swing in the safety of the IronWorks Gym, not the living room. **Page 6-7**

IWAKUNI WEATHER

Today
Partly Cloudy
High: 81

Saturday
Partly Cloudy
High: 76

Sunday
Partly Cloudy
High: 76

www.iwakuni.usmc.mil

Station movie theater to charge admission fee

COMPILED BY PUBLIC AFFAIRS OFFICE

Effective Oct. 1, 2004, the Sakura theater will charge an admission fee due to a recent policy letter issued by Headquarters Marine Corps.

"The cost for children age 9 and below will be \$1.00; and individuals 10 years and older will be charged \$2.50" said Station Marine Corps Community Services Chief for Semper Fit Bob Johnston.

About half of all Marine Corps base movie theaters already charge an admission fee, said Johnston.

In a May 2004 MCCA Board of Directors meeting, including the Sergeant Major of the Marine Corps and many installation commanders, a review of MCCA recreation activity pricing was directed and subsequently specific policies were established.

Two issues prompted the assessment; base commander interest in MCCA

revenue generation opportunities in view of ever increasing program requirements and costs; and Marines and families concerns regarding inconsistent MCCA recreation activity pricing from base to base. Thus, a Corps wide policy was established.

"The profit will be used to fund special events, renovations, and the introduction and improvement of services and activities aboard Station," said Jamie Wurdinger, Station MCCA Public Affairs specialist

In the past, installation commanders determined if and what prices should be charged at MCCA activities. The new policy will still allow installation commanders to set the final charge for movie theater admission.

Station personnel and family members will still be able to enjoy other free services for which there is admission on other Marine Corps bases. The swimming pools, fitness classes, and most



Lance Cpl. Lydia Davy

The Sakura Theater will charge admission fees for all movies shown.

special events and entertainment such as the monthly Comedy Showcase will remain free, according to Wurdinger.

The admission fee will not have any affect on concession prices or film selection, noted Johnston. New films will continue to be selected and provided by the Navy Motion Picture Association.

"Neither the quality or timeliness of releases will suffer," Johnston said.



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Those who make Marines

MASTER SGT. LESLI J. COAKLEY
Public Affairs Chief

I remember all of them; their names, their faces, the way they spoke, their demeanor. Even after 17 some odd years, some of the memories are as crisp as if they were taking place right now.

There were four of them. They were young, although they seemed so much older to me then. Back then I was a 19-year-old who knew everything and knew no one could change me, or so I thought.

I joined the Marine Corps as a last ditch effort to get my life in order. Nothing I did seemed to work the way I wanted it. College didn't work out, making good money at a civilian job didn't work; moving back home with my parents definitely didn't work out. So, I called a recruiter and here I am.

I remember stepping off the bus and I remember getting 'introduced' to my drill instructors. The rest of that week is kind of a haze. These four women who were charged with instructing me on how to be a Marine will never leave me.

I remember hating my three green belts and thinking evil thoughts about them every night. I honestly thought they were sent by the devil to destroy my soul. One of my drill instructors sounded like a truck driver and I secretly wondered if she were a man pretending to be a woman. She was our 'heavy' as they say in drill 'instructorease.' It was her job to ensure we didn't step out of line. It was her job to take us to the pit or quarterdeck or wherever there was open space and make us do mountain climbers until the snot was running down our faces and the tears were stinging our eyes. I think she liked it, watching us suffer.

I remember our senior drill instructor who was more like our mom. Well, as close as you can come to a mother in recruit training. She didn't yell as much and she was so feminine I didn't know how she ever made it through recruit training.

But, I admired her. She had a presence. She didn't yell because she didn't need to. I admired the way the other drill instructors listened to her and it was obvious, respected her. I wanted to be just like her.

Two of my drill instructors are still around. One is a sergeant major now at Camp Lejeune; the other is in the band in Hawaii, I think. My truck driver DI is long gone and I'm sure my senior has retired by now.

Throughout the years, I think about them. They spent

countless hours looking out for us, instructing us, guiding us, pouring their heart and soul into us. It never dawned on me then how many hours they spent with us. They gave up family and friends to be drill instructors - to mold the future. Most, no probably all, recruits don't know what a DI gives up to make Marines.

For the first couple of years of my Marine Corps life, I thought the DIs were evil, mean and nasty. I thought they enjoyed making us suffer and when we graduated they were thankful to get rid of us.

But, now, I realize how hard it was for them. The job they had to do in just 12 weeks of taking these selfish, unmotivated, out-of-shape girls and make them into United States Marines. It was their responsibility to ensure we had all the necessary tools and capabilities to make it in the Fleet. Being a Marine is not easy, making Marines is even harder.

It is their entire career on the line and they do this willingly. Becoming a DI is not easy. It is a very select process and graduating drill instructor school is even more select. I saw this first hand during my tour at Parris Island.

I think back from time to time of the things they told us and the examples they set and to this day I wonder if I am living up to that. I will never forget my DIs and although I hated them then, I have grown to realize they were young and determined and I hope to God I haven't disappointed them.



SEMPERTOONS BY STAFFSGT. CHARLES WOLF, JR.

MAN ON THE STREET

What do you remember most about your drill instructor?



"I used to pray that the third hat would be struck down by lightning. My Senior took good care of me, I don't know if I would have made it through without his help."

Gunnery Sgt. Sal Cardella
Ops Chief, AFN



"The discipline they tried to instill I already had because of my mom. But they incorporated the total Marine concept in me, they did an excellent job."

Sgt. Tiawanna Glover
Customer technical representative,
H&HS



"Just like in the movies, they brought in the aluminum cans to make noise. I would try to see if they remember me."

Petty Officer 2nd Class Suchan Yi
Religious program specialist,
MAG-12

Banks cancel cancelled checks

LANCE CPL. DAVID REVERE
Combat Correspondent

Under a new Federal Reserve regulation called "Check 21," effective Oct. 28, banks where checks are deposited will no longer be required to return the original paper check to the bank on which the check has been drawn.

Instead, the originating bank will receive only electronic images or scans of its checks from the banks at which the checks have been deposited.

This will eliminate the possibility of floating a check. As an example, if payday is Monday and a check is written Saturday on the assumption it won't clear before the paycheck is in, the check will bounce and the account holder will be charged overdraft fees.

The nonprofit group Consumers Union predicts that under the new system, seven million more checks per month will bounce than do now.

"Don't write a check unless the funds are already in your account," advised the Consumers Union Web site. "The checks you write will clear faster, but banks aren't required to speed up the time when they make funds available from the checks you deposit."

Consumers Union also expressed concerns about bank fees, saying that though the system will save the banking industry billions, costs could go up for customers who want to write substitute checks. The group advised consumers to request that the substitute checks be returned every month.

"If your bank charges too much for an account that returns substitute checks every month, look for another bank," the group's Web site states.

Residents in Iwakuni need not worry about the new law affecting them for some time, however.

"It won't effect the way we do business in this office right now," said Jim

Davis, Navy Federal Credit Union Iwakuni manager. However, he affirmed that the new system would eventually be incorporated.

"In the not so distant future, the cumbersome check-clearing system that we use now will be a thing of the past," said Davis. "Check clearing times will be drastically reduced, especially overseas like here in Iwakuni."

With the advent of the electronic checking system comes an important reminder for account holders to practice responsible check writing.

"If you have a checking account, you should balance it against your financial institution's statement which is normally monthly," said Davis. "The goal is for your register balance to equal



Lance Cpl. David Revere

Under the new "Check 21" law, writing checks without sufficient funds will no longer be a possibility.

your statement balance. This is the only way to be sure you have the funds in your checking account when you write a check. You should never write a check for more funds than you have in your checking account unless you have some form of overdraft protection."

33rd Annual MCAA Banquet honors Marine aviators

LANCE CPL. SKYE JONES
Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif. — As Gen. Michael W. Hagee spoke at the Marine Corps Aviation Association banquet Sept. 18, all fell silent, grasping his every word.

"I would like every Marine aviator, active and reserve, to stand up, so we can thank them for what they have done," stated Hagee, the Commandant of the Marine Corps, as audience members cheered.

The MCAA banquet was held at the Town and Country Convention Center in San Diego to honor select aviation units and individuals.

"Our aviators help bring a unique capability to the Marine Corps Air Ground Task Force," said the assistant commandant of the Marine Corps, Gen. William L. Nyland. "It is important to take the opportunity to recognize Marines for what they do, because they make it all happen."

The banquet commenced at 7:00 p.m., with Col. Earl Wederbrook, commanding officer, Marine Aircraft Group 11, hosting the ceremony.

Wederbrook announced the arrival of Hagee and Gen. John R. Dailey, the national commander of the MCAA.

After the two generals marched to the front of the ballroom, the MAG-11 Color Guard presented the colors to the music of the Marine Band San Diego.

After the posting of the colors, Dailey introduced the distinguished guests, who included Nyland, the sergeant major of the Marine Corps, Sgt. Maj. John L. Estrada and Sen. John Glenn, the first recipient of an MCAA award.

The commandant then proceeded to speak about his thoughts on Marine Corps aviation.

"Marine Corps aviation has done a lot to support our mission by projecting sustained combat power ashore, and nobody does it better than Marines. I thank you for what you do," said Hagee in his speech.

Shortly after Hagee's speech, awards were presented to units and individuals for their accomplish-



Lance Cpl. Skye Jones

Awards await presentation at the Marine Corps Aviation Association Banquet Sept. 18.

ments in Marine Corps aviation.

"This year, the uncommon devotion to duty, demonstrated by both individual Marines and aviation units made the selection process for 2004 exceptionally difficult," Wederbrook said to the audience. "You will hear citations read which reflect the honor, courage and commitment displayed by the award recipients."

Hagee and Estrada then came up to the stage to hand out the awards.

Units from Miramar recognized for Squadron of the Year awards included Marine Medium Helicopter Squadron 161, Marine Heavy Helicopter Squadron 465, Marine Aviation Logistics Squadron 11 and Marine Aerial Refueler Transport Squadron 352.

Miramar Marines receiving awards, which ranged from the Marine Enlisted Aircrewman of the Year to the Marine Aviation Command and Control Officer of the Year, included Maj. Lorna M. Mahlock, Maj. Charles B. Dockery, Gunnery Sgt. Marvin M. Magcale and Staff Sgt. Wade M. Davis.

"It feels great to be recognized, but at the same time I am thinking about all of the people I have worked

see MCAA Page 5

NEWS BRIEFS

MILITARY PERSONNEL FILES

There is a rumor circulating among veteran service organizations that Official Military Personnel Files (OMPFs) at the National Personnel Records Center will be digitized and then destroyed. This rumor is NOT TRUE. The National Archives and Records Administration preserves and protects OMPFs because they are permanently valuable records that document the essential evidence of military service for the veterans of our nation.

HISPANIC HERITAGE MONTH

There will be live Latin and Mexican dance performances at Club Iwakuni ballroom Thursday, 11 a.m. to 1 p.m. Lunch is at attendee's expense.

PTO GOLF TOURNAMENT

Matthew C. Perry Elementary School is holding Parent Teacher Organization golf tournament Oct. 9 at Torii Pines golf course. Show time is 7:30 a.m. and Shotgun Start is at 8 a.m. Format is Four-Man Scramble. Call Bob Keating at 253-6839 or John Stroup at 253-3447 for further information. Deadline to enter is Wednesday.

Making the most of medical readiness

LANCE CL. LYDIA DAVEY
Combat Correspondent

Deciphering the nuances of military health care can be more difficult than cracking a secret code in a foreign language on a rainy day. However, a clear understanding of your local Branch Medical Clinic can help you get the most out of your medical interactions.

TRICARE

The first step to a clear understanding of military health care begins with the comprehension of TRICARE.

The Station TRICARE Service Center is located on the first floor of the BMC, and is available to help service members and their families. They provide current information on enrollment in TRICARE Prime and Standard, as well as the latest on TRICARE Plus and TRICARE for Life.

A counselor can explain health benefits for married and unmarried Marines and Sailors.

For more information, please call the Station TRICARE Service Center at 253-3126.

APPOINTMENTS

Arriving early to scheduled appointments is smart as well as courteous. In many cases, the staff will need to take vital signs (blood pressure, pulse, temperature and respiration rate), so arriving at least 15 minutes prior to an appointment is encouraged.

Keeping appointments is an important part of getting the most out of your military health care experience. Often, even routine appointments can take time to arrange, and if a patient doesn't show, an additional appoint-

ment slot must be allotted for him.

Medical appointments are available 7 a.m. to 4 p.m., Monday through Friday. Late clinic is available by appointment only, Thursdays until 7 p.m.

To make or cancel an appointment at the medical clinic, please call 253-3445. For the dental clinic appointment desk, please call 253-3331.

FOLLOWING INSTRUCTIONS

"Be sure to take medication as instructed by your health care provider. When you go to radiology or the lab for a test, please follow the instructions precisely," states an article by Bill Doughty, USNH Yokosuka Public Affairs.

According to Doughty, specific rules apply to children who accompany parents to hospitals or clinics.

"For everyone's safety, unattended children cannot be left in any area of the hospital, including clinics, wards, the parking lots, emergency room or reception areas," he says.

Parents are requested to make child-care arrangements before visiting the clinic or dental center.

"Also, children with chicken pox or measles should not be in the vicinity of pregnant women, so special arrangements may be made if the children need to be seen," states Doughty.

COMMUNICATION

Asking questions is an important



Lance Cpl. Lydia Davey

Petty Officer 3rd Class Matthew McIntosh, Branch Medical Clinic, leading petty officer health records, hands a patient his medical records.

part of any patient's successful treatment. Patient education is part of your health care provider's job. If you have questions about instructions, medications or follow-up care, it's your responsibility to ask for the answers.

For a long list of questions or health care issues, it may be necessary to schedule more than one appointment.

URGENT CARE POLICIES

The urgent care center is open 24-hours-a-day, and sees patients based on a triage system (most urgent cases seen first), rather than by arrival time.

The BMC ambulances (#110, #119 or 253-5571) are dispatched for on-Station emergencies only. Residents who live outside of the Station should have contact information for off-Station emergency care facilities.

Sick call is available for active duty personnel Monday through Friday, 7:30 – 10:00 a.m.

"No appointment is needed for sick call," said Seaman Allen Saito, Headquarters and Headquarters Squadron,

hospital corpsman. "We encourage service members to utilize sick call instead of urgent care whenever possible."

Parents should call the clinic appointments desk before bringing children with routine health problems to urgent care, said Doughty.

MEDICAL RECORDS

Medical records documenting treatment and care provided by military treatment facilities are property of the U.S. Government, and should always be kept at the hospital, noted Doughty.

"That way, in case of an emergency, your medical records will be immediately available," he said.

"Medical records contain documentation of lab work, immunizations and shot rosters," said Petty Officer 3rd Class Brian Daetwyler, H&HS, health records staff member.

Patients can obtain copies of their medical records by making copies themselves, or requesting them from the BMC records office (253-6249). However, a one-week notice is requested, stated Daetwyler.

PREVENTION

Prevention is an important part of any health care plan. Illness or injury can be prevented by eating a balanced diet, getting immunized, exercising regularly, refraining from smoking or abusing alcohol and learning how to reduce stress.

"The prescription for a healthy life is balance and prevention," notes Doughty.

For more information about healthy lifestyles, call the Health Promotions Office at 253-6359.

determined by medical need – can be complicated by tactical operational needs, weather, resources, noise and many other factors. The key to success, said Baker, is effective communication.

"It requires leadership skills, innovation, and flexibility," he said. "In the field we must have good communication and a good system of identification." Baker, a trauma surgeon, gave practical advice on sorting casualties to be able to treat the person with the greatest need. "We turn to the basics," said Baker. "The ABCs – Airway, Breathing, and Circulation."

Throughout the conference, Japanese and American surgeons and other health care providers gave advice on managing combat casualties including various types of trauma. Japanese civilian surgeons shared insights on some of the latest innovations in surgical techniques.

Similar conferences have been held for many years by U.S. Naval Hospital, Yokosuka, cementing the bonds of friendship and professional development with colleagues in Japan.

Intensive Care Unit nurse at Yokosuka who was awarded the 2004 Cherokee Inspired Comfort Award several days earlier for saving the life of an Iraqi civilian during Operation Iraqi Freedom.

While assigned to Fleet Hospital 3 in Camp Viper, Iraq, inside an active combat zone, Lt. Dickerson provided heroic efforts to help a young boy who had been shot in the head, reportedly by Iraqi militia.

The case illustrates the importance of far-forward-deployed surgical capabilities close to the combat zone.

On Sept. 20, keynote presenter Rear Adm.

Michael Baker, Force Medical Officer for Commander Naval Forces Korea, said, "Historically, we know that the longer it takes to get to definitive care, the less likely that the patient will survive."

"We've been able to improve mortality rates," he said.

Baker talked about the realities of working close to the combat zone, including the challenges of performing triage.

Triage – the appropriate sorting of casualties as

Yokosuka Medical Conference highlights combat lessons

BILL DOUGHTY

U.S. Naval Hospital, Yokosuka, Japan

YOKOSUKA, Japan — Nearly one hundred Japanese and American physicians and nurses attended a three-day Multi-National Military Medicine Conference Sept. 20-22, in Yokosuka to discuss combat medicine and learn strategies that help save lives on the battlefield.

Attendees were welcomed by Capt. Charles Taylor, commanding officer of U.S. Naval Hospital, Yokosuka, sponsor of the event.

"For those of us who wear the uniform of our nations as healers, this is a very important time. In the United States, we are seeing a transformation of our military and an increased emphasis on efficiency and forward deployment of our resources," said Taylor.

"We become more powerful and provide better quality care when we work closely with our allies and friends," he added.

Taylor related the story of Lt. Dickerson, an

Marines and Sailors brave the classroom in preparation for venturing off base as ...

Residents schooled in survival Japanese

LANCE CL. DAVID REVERE
Combat Correspondent

Station residents need not feel too intimidated to communicate outside the gates. Survival Japanese, a monthly class offered by the Marine and Family Services Center, is designed to spin up new comers

on the basics of conversational Japanese.

"It's a really basic class," said Yoko Seo, Station cultural adaptation specialist and teacher. "People who want to go more in-depth can take college classes, but it is really important for everyone to know simple phrases in order to enjoy their life off base."

Seo said the effort of foreigners to speak Japanese is looked on favorably by locals.

"Especially in this area, people don't expect Americans to speak Japanese," she said. "They sometimes giggle at them when they try to speak because they seem so cute. But it shows respect when Americans learn and use their language."

Class participants get a handle on some of the pronunciations unique to the language, and gain understanding on contexts appropriate for their new-found vocabulary.

"I want to be able to talk to people out in Iwakuni," said class participant Lance Cpl. Steven Kahn, Marine Wing Support Squadron 171, network technician. "Hopefully I will learn some useful expressions in the class."

Kahn said one of the things that surprised him during the instruction was the three different writing styles Japanese use.

"It can feel overwhelming," said Seo. "Japanese people know it is a hard language to learn." Seo focuses the class more on expressions of respect.

"Japanese use a variety of expressions with the same meaning depending on who you talk to," she said. "You don't want to talk rude to a person you need to respect, so it is important to know the formal expression."

She said moving on to more casual expressions comes after the basics are mastered. "People get better help by starting a conversation with Japanese even though they can't carry it," said Seo.

"I figured since I was over here for two years, it would be kind of ungrateful not to learn some of the language," said class participant Lance Cpl. Joshua McElroy, MWSS 171, network technician. "We're guests in their house. We should know how to speak their language."

To find out information about the next Survival Japanese class, contact the Information, Referral and Relocation office at 253-6165.



Lance Cpl. David Revere

Yoko Seo, Station cultural adaptation specialist and Survival Japanese teacher, exhibits the kanji spelling Iwakuni. Her survival skills course is open to all residents aboard the Station and focuses on basic courtesies of living and conversing in Japan.

CONGRESS from Page 1

dor Randall Tobias, global AIDS coordinator for the U.S. Department of State, the David S. C. Chu, under secretary of defense for personnel and readiness, Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, Dr. Julie Gerberding, director of the Centers for Disease Control and Prevention, and other distinguished experts.

Chu charged the congress participants in his welcoming remarks to maintain and to strengthen the bonds between all medical services of congress delegations represented, to promote medico-military scientific activities, and to participate in the development of the medial and medico-military as-

pects of humanitarian operations.

The congress passed two important resolutions, one establishing a memorandum of agreement to help address worldwide disease outbreaks between the World Health Organization and the congress members, and a second that emphasized the critical need for stepping up the fight against HIV/AIDS. The latter was especially important given that HIV has spread broadly into the military populations of many countries and has the potential to seriously affect military capability and therefore national or regional security.

Winkenwerder recommended that participants "Seize this opportunity to share your ideas, learn from the distinguished speakers and your colleagues, and capture the synergies that we, as the military medical

community, can uniquely offer to the greater good of mankind."

The international congress is one of the venues of the International Committee of Military Medicine that assists in bringing member-state delegates together for discussions and scientific debate on current and future issues affecting military medicine. The congress also offers a forum for sharing scientific advances among participants. The 35th Congress is the first the United States has hosted since 1939. The 36th Congress will be held June 5-11, 2005, in St. Petersburg, Russia.

Abstracts selected for publication are available online at: <https://fhp.osd.mil/congress/>.

MCAA from Page 3

with who made all of this possible," said Magcale, airframes divisions chief, HMH-465, and individual award recipient. "This was my first MCAA banquet, and I hope I can go to the next one. The MCAA is a great organization that increases motivation throughout the Marine Corps."

Although only a few awards were handed out at the banquet, Nyland felt that all Marines like Magcale deserved to be recognized for their efforts in Marine Corps aviation.

"Marines like these aviators are magnificent young people," added Nyland, the most senior aviator in the Marine Corps. "We are very blessed to have them all contributing to this great effort."

SPIDERMAN from Page 1

Garland. "If symptoms develop, seek medical assistance immediately."

Garland said Station residents should always have situational awareness regarding spiders.

"I also suggest being observant when working in infrequently disturbed areas such as gardens, crawl spaces, and outbuildings," said Garland.

Station residents who find a black widow spider should contact the trouble desk immediately at 253-3131.

Tumbling little gymnasts

STORY AND PHOTOS BY
CPL. ANTHONY D. PIKE
Combat Correspondent

Lunges, handstands, front rolls and cartwheels are all in a day's work at the Ironworks Gym for little gymnasts here.

Mondays through Thursdays in the afternoon and Saturday mornings, kids aboard the Station can do things that their parents won't let them do at home. The classes are open to all SOFA status and MCCS employees.

"I like the bars and I swing high," said 5-year-old Logan Olson.

"I like that we can run around and tumble," said 4-year-old Isabella Olson. "I like the bars too," she said.

Isabella joined the gymnastics class after her older brother did, according to mom, Silvana Olson.

"I signed them up about a year ago," said Silvana. "Logan was first and Isabella came to watch and she finally joined."

The kids love having a place to run around and jump; the parents love that it is not at home anymore.

"My son was tumbling around the house," said Silvana. "So I thought he might as well do it somewhere safe and controlled. They get

to come here for some tumbling and learn the basics."

The kids' love of tumbling comes from their instructor's love of it as well. Michael Duenas grew up with gymnastics, acro-gymnastics (the kind seen on ESPN cheerleading competitions), and cheerleading.

"I have always enjoyed this since I started back in 1986," said Duenas who has been teaching the classes for about a year now.

Making sure the kids are having fun means teaching them the fundamentals, which aren't always fun.

"I teach them strength, flexibility and coordination," he said. "That's just the core of gymnastics, the biggest thing is just having fun."

Although the little gymnasts don't compete out in town, they do have exhibitions here to show off their talents.

"The exhibitions are a chance for the parents to come out and see what their kids have been learning," he said. "It's also a chance to make a video for grandma back home. The program and parents have been great. I get a lot of support from the community."



Michael Duenas helps Asia Baldwin as she spins around the uneven bars.



Hannah Johnson contemplates swinging as Melody Baldwin waits patiently to assist the little gymnast. Hannah is 6 years old and the oldest student in the first Monday class.



Isabella Olson bravely leans toward the uneven bar while receiving a helping hand from Michael Duenas, the gymnastic instructor here.



Logan Olson finishes his turn on the uneven bars as Isabella Olson and Asia Baldwin watch and wait.



Asia Baldwin, 4, smiles after swinging on the practice bar. Mom, Melody Baldwin, helps the students during the classes.



Alyssa Durham, 4, finishes her back flip. While learning new moves the students use devices to help ensure proper form.



Alyssa Durham prepares for her turn on the uneven bars.

Walking across bridge of history

STORY AND PHOTOS BY
CL. ANTHONY D. PIKE
Combat Correspondent

Located a short drive or cab ride from the Station lies a marvel of Japanese architecture; the Kintai Bridge, which spans the Nishiki River.

Hiroyoshi Kikkawa first built the bridge in 1673. The same version of the bridge was rebuilt in 1953 and is the third such bridge at the site.

As early as 1600, people attempted to build bridges here, each time without success because of the river current.

After ten years of research, the early bridge builders sought to find a way to build the bridge without any piers that would float away. In 1963, they built their first bridge to these standards in three months' time. It was washed away one year later when the river flooded.

The bridge was rebuilt within months with a few improvements. This second bridge remained until a typhoon hit the area in 1950 and washed it away. In 1953 a third bridge was built, and remains standing today.

Seeing the bridge for the first time is a memorable experience for Marines, Sailors and their family members.

"It was awe-inspiring seeing it because the history of the bridge dates back for centuries," said Sgt. Brian J. Griffin, American Forces Network, radio noncommissioned officer-in-charge.

"I was amazed because I knew it was such an old piece of history here for Japan. We are really lucky that it is only a couple of minutes away from the Station," he said.

As a deployable force, Marines and Sailors are offered the opportunity to get out and experience local customs in a wide variety of places.

"I am amazed to experience some Japanese traditions," said Griffin.

"I went to a bridge rededication ceremony this year and I saw that people from all over Japan travel

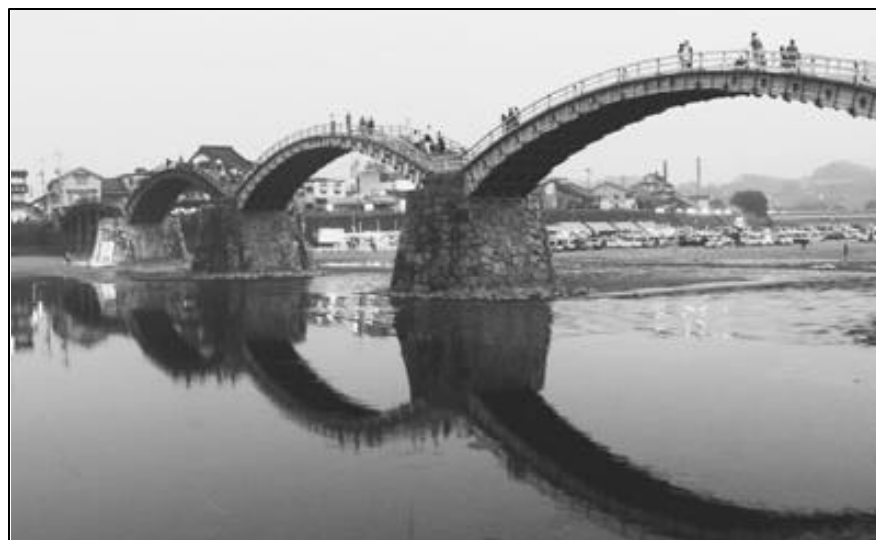
here to the bridge. It's great to travel the world, and you might as well take in as much of it as you can. Especially since we are this close to all the history and culture that is here in Japan."

Aside from the history and traditions, a visit to the bridge offers a calming off-base alternative.

"It's great just to come out here and sit by the water and relax," said Griffin. "It's just something different to do."

Throughout the year, the Kintai Bridge has several events happening.

They include The Kintai Bridge festival in April, the Lantern Festival several times during the year, the firework festival in August and Comorant fishing, which uses a Comorant bird to catch fish, from June to August, according to Yoko Seo, cultural adaptation specialist, Marine Corps Community Services.



The Kintai Bridge has been rebuilt three times since the first bridge was erected in 1673. (Above) At night, the river reflects all the lights from the stores along the shores.



OUT THE GATE

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

Miyajima Osunayaki Festival

This festival will be held around JR Miyajimaguchi train station Oct. 17, 10 a.m. to 4 p.m. There will be booths, games, tea ceremonies, concerts, and more. The local elementary school students, who study English, will stand by in order to help English speaking visitors. Call 0829-55-3111 for more information.

Japanese Calligraphy Display

A display of 100 pieces of Japanese Calligraphy will take place at the exhibition hall in Sinfonia Iwakuni Oct. 8-10, 9 a.m. to 5 p.m. It closes at 3 p.m. only on Oct. 10. Admission is free. Call 0836-21-4397 for further information.

Iwakuni City Bus Tour

There will be a bus tour visiting Joie Temple and Furukuma Shrine in Yamaguchi City, and Tokusa for apple picking Nov. 14, 8 a.m. to 5:15 p.m. An admission is required. Call Public Affairs Office, Yukie Wada at 253-5344 for more information.

Onomichi Antique Market

This market will be held Saturday and Sunday, 8 a.m. to 4 p.m. at Kenei #2 Uwaya in Onomichi City, Hiroshima Prefecture. 30 antique shops will gather with antique clothes, furniture and more. For more details, call 0848-37-9736.

Tamachi Hagi Pottery Festival

The festival will be held at Tamachi shopping arcade in Hagi City Oct. 8-11, 9:30 a.m. to 5:30. There will be pottery shops, a market of local products, a sake factory tour, traditional Hagi dolls display and more. For details, call 0838-26-2201.

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 Carib Sprinter, 1994, 5 door, automatic, on demand 4 wheel drive, 5 passenger station wagon, very clean, power everything, good A/C and heater, AM/FM radio with cassette player, great condition, JCI until Aug. 2005, \$2,100 obo. Call CWO3 Stocker at 253-3404 dwh or 253-2275 awh.

Nissan Largo, 1988, van, 8 passenger, great family car, JCI until April 2006, \$2,500. Call Andrew or Heidi Hayes at 253-2202 or e-mail andymhayes@yahoo.com

Toyota Townace, 1995, 8 passenger, JCI until

March 2006, \$2,500. Call Rianne or James at 253-2430.

BMW, 4 door, excellent condition, \$3,200. Call Andrew Hayes for more information at 253-2202 or e-mail andymhayes@yahoo.com

Mazda MPV, 1993, excellent condition, highly reliable, cold A/C, auto transmission, power everything, auto climate control front and rear, tinted windows, AM/FM/cassette player, 3.0L gas, V-6 engine, green and gold trim, very neat inside and out, JCI until Sept. 2006, \$2,700 obo. Call Tirso Sison at 253-6647 dwh or 253-2650 awh.

OTHER ITEMS

Misc., 14 drawer bedroom dresser, \$150. Call 253-2255 and leave message.

Misc., black futon frame with futon pad & printed futon cover, \$130 obo; lawn mower, Murray 6.0 HP with bag, \$120 obo. Call Jerome at 253-6367 dwh or 090-6861-5498.

Misc., Japanese archery display in glass case, \$100; antique Japanese futon tansu, cast iron fixtures, \$1,500; womens (size 6-10), boys (2T-4T) and infant (6-24 months) winter jackets, clothes, accessories (GAP, Old Navy, Banana Republic), \$3-\$25 obo. Call James or Rianne at 253-2430.

Misc., uniquely designed Korean desk, covered shape and intricate hardware, solid wood desk breaks down into three pieces for easy transport, foot rest to match desk included, \$1,200 obo. Call Kelly at 253-2745.

Misc., MCAS Iwakuni blanket displaying the F/A-18 Hornet surrounded by patches of various units. A perfect keepsake of your stay in Japan or a great gift for your relatives back home. \$55 cash or check. Call Lucia at 253-2122 or Kelly at 253-2745 to view and purchase.

WANTED

Keyboard Instructor Seeking someone to teach

a 9-year-old daughter how to play the keyboard. Call Luis or Dora at 253-2991.

JOB OPENINGS

Chaplains Office (253-6460)

(The following jobs are open at the Marine Memorial Chapel)
-Gospel Choir Director
-Non-Denominational Music Director

CHRO (253-6828)

MCCS:
-Supervisory Education Services Specialist
Logistics:
-Supply Management Officer
-Transportation Clerk

Facilities:
-Interdisciplinary Engineer
S-6:
-Information Technology Specialist
-Electronic Technician

Clinic:
-Occupational Health Nurse

DECA:
-Sales Store Checker (Intermittent)
-Store Worker (Part-time)
-Teller

MCCS (253-3030)

(The following jobs are open at MCCS Personnel)

MCCS Job Listing:
-Head Of Retail
-Sales Associate/Cashier
-Senior Sales Associate/Cashier
-Procurement Assistant
-Senior Sales Associate
-Materials Handler
-Recreation Assistant
-Secretary

Continuously Open Jobs Retail Branch:

-Laborer
-Sales Clerk

Food & Hospitality:
-ID Checker
-Waiter/Waitress

-Food Service Worker

Child Development Center/School Age Care Branch:

-Program Assistant
Go to www.mccsiwakuni.com for a complete job listing.

SAKURA THEATER



SKY CAPTAIN AND THE WORLD OF TOMORROW

Famous scientists have disappeared and Polly along with Sky Captain are on the investigation. Risking their lives as they travel to exotic places, can the fearless duo stop Dr. Totenkopf, the evil mastermind behind a plot to destroy the earth? Aided by Franky Cook, commander of a female squadron, and technical genius, Polly and Sky Captain may be our planet's only hope. (107 minutes)



YU-GI-OH

After the conclusion of the Battle City Tournament, deep below the sands of Egypt, an ancient evil has awakened. Anubis, who was defeated centuries ago by Yugi's mysterious alter ego - the ancient Pharaoh - has returned for revenge. Wielding the power of the Eighth Millennium Item, Anubis is determined to destroy Yugi and take over the world. (90 minutes)



PRINCESS DIARIES 2

After getting over the revelation that she is a princess and part of the royal family of the small and obscure European nation of Genovia, American teenager Mia moves to the actual country she represents, with her best friend, Lilly tagging along during summer vacation. As she learns the job of being a country's future ruler, one challenge she's faced with is the prospect of being set up in an arranged marriage. (115 minutes)

FRIDAY

7 p.m. Sky Captain And The World Of Tomorrow (PG)
10 p.m. Alien vs. Predator (PG-13)

SATURDAY

1 p.m. Yu-Gi-Oh (PG)
4 p.m. Princess Diaries 2 (G)
7 p.m. Little Black Book (PG-13)
10 p.m. Catwoman (PG-13)

SUNDAY

4 p.m. Yu-Gi-Oh (PG)
7 p.m. Sky Captain And The World Of Tomorrow (PG)

MONDAY

7 p.m. Princess Diaries 2 (G)

TUESDAY

7 p.m. Sky Captain And The World Of Tomorrow (PG)

WEDNESDAY

7 p.m. King Arthur (PG-13)

THURSDAY

7 p.m. Little Black Book (PG-13)

COMMUNITY BRIEFS

EDUCATION

Test Schedule
Tuesdays/Fridays - CLEP, DSST
October 13 - SAT
October 14 - ACT
October 20 - DLAB
October 21 - DLPT
October 27 - ASVAB
October 28 - EDPT
 For more information call 253-3855.

CHRO

CHRO Training
 ■ **Family Member Local Employment Orientation:** Wednesday, 8-9 a.m.
 ■ **RESUMIX:** Wednesday, 9:30-10:30 a.m.
 ■ **Outbound Family Member Priority Placement Program:** Wednesday, 11 a.m. to 12 p.m.
 For more information and nomi-

nation, call 253-6828 or send e-mail to shiomuram.jp@iwakuni.usmc.mil. Classes will be held at CHRO training room, Building one, Room 102.

MCCS

CRMC Classes (253-6439)
 ■ **Local Employment Overview:** Tuesday, 9-10:30 a.m.
 ■ **Hello USA:** Wednesday, 11:30 a.m. to 1 p.m.
 ■ **Interviewing Skills:** Thursday, 1-3 p.m.
 ■ **Transition Assistance Program:** Monday through Oct. 8, 8 a.m. to 4:30 p.m.

Club Iwakuni

■ **"You Are The Chef" Italian Night:** Every Tuesday starting in October, 5-8:30 p.m. Customize your pasta dish by choosing from six pastas, 20 sauces, 14 garnitures, and a variety of

meat and seafood. Meals come with minestrone soup and salad. Call 253-5416 for details.

Youth & Teen Center (253-6454)

■ **Samurai Keystone Meeting:** Every Friday, 5-7 p.m. Interested teenagers are invited to join a committee to plan events for the Teen Program.
 ■ **SMART Girls Meeting:** The meetings are held 3-5 p.m. 10 to 12-year-old girls meet every Monday and teenage girls meet Wednesdays. Come on over for free food and fun. The club is open to girls in the fifth through 12th grade.

Single Marine Program (253-3585)

■ **Hiroshima Peace Park & Shopping:** Sunday, 10 a.m. \$10 transportation. Bring plenty of yen for food.
 ■ **Committee Meeting:** Tuesday, 10 a.m.
 ■ **Sasebo Trip:** Oct. 9, 7 a.m. \$20 transportation. Bring extra yen for snacks and extra cash for shopping.
 ■ **Kudamatsu Kenko Ice Skating:** Oct. 16, 10 a.m. \$10 transportation. Bring extra yen for lunch and skate rental.

Troops/Spouse To Teachers Briefing

A general brief about teaching opportunities will be given at

the Sakura Theater Oct. 8, 8:30 a.m. An afternoon session devoted to meetings with the representatives will be given Oct. 8, 1 p.m. in the Marine & Family Services Building. All SOFA status individuals are invited. Call 253-3855 for more information or to sign-up.

University Of Maryland

Term II registration begins Oct. 12-22. Students must take a placement exam prior to registering for math and English. Course offerings include Speech, Economics, Statistics and Psychology. For a complete schedule stop by Community Services Building 411 or call 253-3494 for more information.

Fall Bazaar

Today, 4-7 p.m., Saturday, 9 a.m. to 7 p.m., and Sunday, 10 a.m. to 5 p.m. at the MAC Dome. Vendors from the Pacific basin gather to bring Japanese, Chinese, and Korean furniture, antiques and more. Drawings for cash and prizes will be held each day. Call 253-4710 for more details.

Octoberfest

Oct. 9 at the MAC Dome. Family amusements 4-7 p.m. include a balloon artist, arm wrestling, basketball shot, giant air bouncers and face painting. Adult events start at 8 p.m. and include an arm wrestling, nail driving, and leather strap pull competition. The guest band Brass Hose will perform. Enjoy grilled

knackwurst or bratwurst, warm German potato salad, smoked sausage with sauteed peppers and onions, and soft pretzels. For further information, call 253-3727.

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 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.

Marine spouses send deployed troops care packages

Jennifer Faniel prepares a box of donated goods for the service members deployed in support of Operation Iraqi Freedom. The Enlisted Spouse's Club collected more than \$1,500 in cash and much needed items such as batteries, shaving gear and soap. If you wish to donate items or if you have an address of a deployed service member, contact Renee Watkins at 253-2399.



Photo by Silvana Olson

Iraqis squeak past Raiders 1-0

GUNNERY SGT. CHAGO ZARBA
 Combat Correspondent

FORWARD OPERATING BASE ECHO, Iraq

— The 404th Battalion, 50th Iraqi National Guard Brigade, Desert Dogs, squeaked past the Company A, Battalion Landing Team 1st Battalion, 4th Marine Regiment, 11th Marine Expeditionary Unit (Special Operations Capable), Raiders 1-0 during a friendly soccer match here at the ING compound, Sept. 22.

"We're trying to get the Iraqi Security Forces in a recreational activity to build camaraderie and team spirit," said Capt. Robert B. Sotire, company commander, Alpha Co., BLT 1/4, 11th MEU (SOC).

A Desert Dogs' forward scored the only goal of the game in the first 10 minutes of the match when a shot from the left edge of the penalty box partially deflected off a Raider defender, sending the goalie to the right and the ball to the left and into the net. After that goal, the Raiders' defense tightened up and frustrated the Desert Dogs' further attempts to score.

Lance Cpl. Mark Enrique, the Raiders' first half goalie and a rifleman with 1st Platoon, made several dramatic saves during the first 45-minute half.

The uneven field, pitted with rocks and large dirt mounds, frustrated the Raiders' attempts to control the ball and pass accurately, especially during the first half of the game.

"We took the first half of the game to get acquainted with each other and to get used to the way we each play," said Seaman Ivan G. Krimker, right forward and corpsman with 5th Platoon. "They had the first half of the game and we had the second."

On the other hand, the Desert Dogs' familiarization with the field, which they built, and their experience playing in a grassless environment allowed them to take control of the ball quite often.

"The ING had a lot of teamwork out in the field," said Enrique. "They love competition and they fought for each and every ball they got as if it was their last."

Lance Cpl. Anthony Massa, the Raiders' second half goalie and a motor transport operator attached



Gunnery Sgt. Daniel Fleming watches as an Iraqi National Guard forward heads the ball to Lance Cpl. Aaron Doerr, Weapons Platoon.

to 3rd Platoon, also made several spectacular saves and further denied the Desert Dogs' many attempts to score.

"Every possession of the ball was very important to them," said Krimker. "If they lost the ball, they put forth 110 percent to get it back. They put a lot of effort into every play."

To the ING's dismay, the Raiders determined defense kept the score at 1-0 for the rest of the game.

"The Marines represented the Marine Corps and I think they did really well out there," Sotire said. "The game brought [the ING and Marines] closer together. There were Marines out there cheering for the ING and ING cheering for the Marines. All in all it was a good evolution."



Petty Officer 3rd Class Jonathan Soto dashes forward to prevent a 404th Iraqi National Guard forward from taking a shot on goal.

IWAKUNI SPORTS SCENE

FAMILY APPRECIATION BOWLING

Saturday and Oct. 16, 1-5 p.m. All games are half price. For further information, call 253-4657.

YOUTH CHEERLEADING & FLAG FOOTBALL

Cheerleading and flag football registration is open today through Oct. 24 for \$30 at the IronWorks Gym front desk. Late registrants must contact Jamie Buning at the Youth Sports office and sign-up for \$40. Coaches for the events meet Oct. 25-26, 5 p.m. in the Wellness Room. Opening ceremonies are Nov. 13 at Penny Lake Field #2. Evaluations for 10 to 12-year-olds is TBA.

GYMNASTIC CLASSES

An updated schedule of Kindergym, Youth Gymnastics, Intermediate Gymnastics, Advanced Gymnastics, and Mommy/Daddy & Me (for

parents with 2 to 4-year-old children) classes is available at the IronWorks Gym. Call Karen Francis at 253-3696 or visit the gym.

FALL FOOTBALL CLASSIC

Oct. 15, 1 p.m. MAG-12, H&HS and MWSS-171 compete at the north side football field. No Coaches meeting. Call 253-5777 for details.

CHILI SLIP-N-SLIDE SOFTBALL TOURNAMENT

Sample some great chili and enjoy a softball tournament. Ball and chili fans compete, Nov. 6, at Penny Lake Field. Participants in the chili contest need not play ball to enter. Both contests are open to the Station residents and family members. Softball players must be at least 16-years-old; those younger than 18-years-old need written parental consent. Softball coaches meet Oct. 19, 9 a.m. in the IronWorks Gym. Call 253-5777 to sign-up.

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

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

Seventh-Day Adventist

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

Jewish

Every other Friday
 6:30 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.

17th Annual Japanese American Triathlon held here

STORY AND PHOTOS BY
LANCE CR. LYDIA DAVEY
Combat Correspondent

A line of brightly clad runners extended then mingled—swirling to create a column of moving modern art.

More than 190 athletes competed in the 17th Annual Japanese and American Goodwill Sprint Triathlon here Saturday.

"The main reason we came out here was to have fun, build teamwork and engage in a little friendly competition," said Navy Seaman Christopher Mcavoy, Headquarters and Headquarters Squadron, equipment operator and construction man.

Competitors raced against each other and the clock in three events: a 1.2K open-water swim, a 36K bike race and a 10K run.

The contestants fell into categories determined by gender, age divisions and by individual or team efforts.

Slightly overcast skies and a cool breeze helped the racers, said Billie Scott, Semper Fit health promotions director.

"We're really happy with the weather so far," she said. "It's much better than we expected."

Cold water and currents were a challenge for some swimmers, but according to Mcavoy, "Once I started swimming and focusing on the race, I didn't notice the cold."

Mcavoy, of Team Motor-T, entered in the team category as one of three teams and 21 Americans who participated in the event.

Of the wide range of athletes to compete in the



A local competitor does his best to stay ahead of the competition during Saturday's 17th Annual Triathlon. Athletes of all ages competed in the test of stamina and speed.

triathlon, perhaps the most stirring story was that of Tetsuro Fukumoto of Mihara City, an amputee who completed the race on one leg.

Fukumoto had to be helped to the water on crutches, but swam strongly, then biked and wheeled his way to the finish.

"It's definitely inspiring," said Mcavoy of Fukumoto.

According to Scott, the event was a success.

"I think this is a complicated event, but it's going very well," she stated.

Volunteers were a contributing factor in the success of the event, stated Bob Johnson, chief Semper Fit.

"Without you, this [triathlon] would not have been possible," he said. "Thank you."

The overall winner of the race, Hiroshima native Fukumoto Tetsuro, completed the course in 1 hour, 51 minutes and 41 seconds.

Team Motor-T came in second place in the team division.

"I think I could have done better," said Mcavoy. "I feel good though that I completed the race. I did what I came out here to do."

Mcavoy plans to compete in the individual category next year.



Eizi Tamura (left in black wet suit) emerges from the water after completing a 1.2K swim.



A runner lengthens his stride, speeding his way toward the end of the event.



Two bicyclists race for the finish line during the final portion of the 36K bike race.