

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

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INSIDE...

Music from Wild West meets Far East crowd

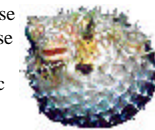


Country artists Nate Pearce and Floyd Vanlanighan entertained Station residents here Jan. 26, with music, dance.

Page 5

Poison blowfish? Sounds delish

Blowfish provides taste of Japanese culture, glimpse of nation's unique aquatic life.



Page 8

Paintballers entrench themselves in colorful combat

Station residents gather for intense 'Last Man Standing Paintball Tournament' here Jan. 29.



Page 12

Japanese translation of Corps 3 deep found on page 12
3月26日に開催された「ラストマンスタンディング」の模様を、
1月29日に公開した。

Overall mission met in South Asia

Station personnel return from providing aid to tsunami victims

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

Station personnel assigned to relief contingencies began returning here Jan. 24 from South Asian countries affected by the Dec. 26 tsunami, as Operation Unified Assistance ends.

Station personnel from Combat Service Support Detachment 36, Marine Wing Support Squadron 171, and other units, along with personnel from Headquarters and Headquarters Squadron, the Station Fire Department and Branch Health Clinic, are returning from humanitarian efforts in South Asia as the type of aid needed shifts to that of long-term restoration.

"Our assistance was beneficial to the Thai people in helping them deal with the disaster," said Station Fire Chief Devin A. Johnston-Lee. Lee was deployed to Phuket, Thailand, Dec. 31. For 25 days Lee was attached to Combined Support Group Thailand, which organized and assisted with search and recovery.

In order to ensure the people affected by the tsunami were assisted properly, the well-being of aid workers was an issue concentrated on by Environmental Health Officer Lt. Cmdr. Eugene K. Garland, of the Station Branch



photo courtesy of Devin A. Johnston-Lee

Iwakuni Station Fire Chief Devin A. Johnston-Lee looks for bodies within the damage left by last year's tsunami in Phuket, Thailand. Since the disaster which claimed nearly 250,000 lives in South Asia, U.S. military forces have worked closely with governments in the region to provide critical aid to affected areas.

Health Clinic. Garland was part of a small team deployed to Indonesia in order to evaluate the health situation by sampling working environments and testing for potential exposures to diseases. "We ensured that service members remained healthy and did not encounter unmanageable or unexpected health-related problems," said Garland.

As members of a larger force, military humanitarian groups are now being relieved of their duties as continuing reconstruction efforts take place.

Since the U.S. military has successfully completed its primary missions in South Asia, it has begun to withdraw personnel and equipment from Sri Lanka. **see MISSION Page 4**

Station prepares for Navy Marine Corps Intranet changeover

PTC. LUKAS J. BLOM
Combat Correspondent

The Station Information Systems Management Office, in cooperation with Electronic Data Systems representatives, are currently preparing the Station to switch its intranet provider from the current system, Marine Corps Enterprise Network, to Navy Marine

Corps Intranet. The changeover to NMCI is scheduled for Aug. 15, 2005.

"The S-6 shop has worked for months to put together the early documentation required for the NMCI," said Mark Dignazio, EDS Station manager. "The entire ISC [Information Systems Coordinators] community has answered numerous data calls to provide accurate user, seat (computer), application and peripheral de-

vice information so that each user gets exactly what they need at cutover."

The new system will offer Marines and Sailors worldwide many benefits, said Dignazio.

According to Dignazio, Marines and Sailors will be able to keep their e-mail addresses the same throughout their careers, vice changing it every time they have **see INTRANET Page 5**

New quarantine program spells changes for import, export requirements for cats, dogs

LANCE CPT. LYDIA DAVEY
Combat Correspondent

Japan began transitioning to a new quarantine program for the import and export of animals Nov. 2004. The program, which will come into full effect June 2005, affects all active duty military members, members of the civilian component and their respective dependents who enter the country under the

U.S.-Japan Status of Forces Agreement.

According to a memorandum released by the Army's Japan District Veterinary Command, U.S. Forces, Japan (USFJ) is currently negotiating with the government of Japan over how the new pet quarantine program will affect SOFA status personnel.

"Because USFJ and Japan are currently negotiating how Japan's new pet quarantine program will be applied to

SOFA status personnel, the requirements published by the government of Japan, the USDA and the USFJ may conflict," states the memorandum. "To minimize any inconvenience which might otherwise be experienced, we recommend following the guidelines listed below."

First, all SOFA status personnel bringing a dog or cat into Japan should be prepared to present documentary evidence that their pet has had at least

two rabies vaccinations.

"The most recent rabies vaccination form (DD 2208, Rabies Vaccination Certificate) will be required. The dates for the past two vaccinations will be annotated on the health certificate (MDJ 2209, Veterinary Health Certificate for Import/Export for Japan)," states the memo.

Second, all animals are required to **see QUARANTINE Page 4**



Torii Teller

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"Complain, complain, complain..."

CMDR. DONALD P. FIX
Chaplain's Corner

There is a story that I really love which tells of a monk living in a monastery who has taken the vow of silence. Once a year, he is allowed to say two words before his superior. The first year, he stood before the abbot and when he was instructed to speak said, "It's cold!" after which he was dismissed back to his cell. The second year came, and as he was instructed he said, "I'm hungry!" and again he went back to his cell. Finally, the third year as he stood before the abbot and was instructed to speak, his words were, "I quit!" - to which his superior responded, "I'm not surprised. All you have done here since you first arrived was complain, complain, complain!"

As demonstrated by the story, there is sometimes a fine line between sharing your needs in the hope that

the situation will improve, and looking for the negative in every aspect of life. I think we all identify aspects of the places where we live, work and socialize that we feel could be improved. The key is to find a way to see those improvements accomplished by working on a positive approach.

Looking at the Air Station's vision to be the 'installation of choice - committed to excellence,' each of us has the obligation to improve what we have and see around us so that we can come as close as possible to seeing that vision as a reality.

I'm reminded of probably the most famous person when we think of positive improvements and that is Dr. Norman Vincent Peale, who died Dec. 24, 1983 at the age of 95. He wrote more than 46 books during his lifetime. His most popular book was, *The Power of Positive Thinking*. One of his famous quotes that fits all of life's situations is, "Become a

possibilitarian. No matter how dark things seem to be or actually are, raise your sights and see possibilities - always see them, for they're always there."

To see possibilities means to care enough to challenge what is now and step forward with a dream for the future.

So often in my life here in Iwakuni I have dismissed my involvement, not taken the risk to be heard, and guess what - those same things are still the same because I didn't care enough to act. If they were problems, I've just passed them on to others and if they were possibilities - the wind has swept them away.

Like the monk in the story, we all get a chance to express ourselves, and whereas there is no guarantee that people will actively listen, the alternative is muteness - no one will ever hear.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

Most people are wondering, "Where in the world did our good television channels go?" The Station Inspector's Office went in search of the answers. After finding and talking with Chief Warrant Officer Edward Cutshall, S-6 representative, we got the scoop for you.

1. What channels are we losing at MCAS Iwakuni?

Discovery, Nickelodeon, Star Movies, Star World and National Geographic.

2. When will we lose each channel?

Our subscription for Discovery and Nickelodeon has already expired. Our subscription for the three remaining channels expires Jan. 31st. Sometimes the provider continues to broadcast the channel even after the subscription has expired - such is the case currently with Nickelodeon. We will continue to broadcast the channels until the provider turns them off.

The remaining non-American Forces Network channels

are received over Free to Air broadcast. The Free to Air channels can come and go at any time. One channel that has received a lot of praise is channel 37. It is a movie channel out of China that plays a variety of English movies and broadcast unscrambled during different times throughout the year. We scan for new channels on a regular basis in an effort to provide Station residents with the widest variety of programming.

3. What is the reason for losing the channels?

The base has always funded its own infrastructure for the Visual Information System (VIS), which has a primary mission of providing mass notification in the event of an emergency. Over the years the system has become severely degraded and is suffering from lack of funding for preventive and corrective maintenance and problems from poor installation construction. In order to upgrade and improve the system, a decision was made to shift the \$108,000 spent per year for the five channels to fund maintenance and upgrades.

4. What are the long-term goals of upgrading the system?

The goal is to take the funding spent for the channels and begin upgrading our current system. This includes

see INSPECTOR Page 5

CHATTERBOX

Question: "What is your favorite Super Bowl memory and why?"



"Last year, when I was going through school, we had a big party and it was fun hanging out with all the Marines."

Lance Cpl. Steven G. Lightsey
Birmingham, Ala.



"All Super Bowl memories, because I have a great time hanging out with friends and watching football."

Pfc. Aric Schroeder
Buffalo, N.Y.



"In 2000 at San Diego I had a great time with my friends enjoying the great food, drinks and company. Plus I loved the funny commercials."

Staff Sgt. Branka Dotson
Ludwigshafen, Germany



"Last year's game when the Panthers, the underdog team that everyone thought wouldn't make it, made it to the Super Bowl against the Patriots."

Lance Cpl. Chris D. Branham
Kershaw, S.C.

Crusaders cruise onto Station

Marine Fighter Attack Squadron 122 arrives here for six-month deployment

Pfc. MARK FAYLOGA
Combat Correspondent

The Marine Fighter Attack Squadron 122 Crusaders arrived aboard the Station Jan. 20th from Marine Corps Air Station Beaufort, S.C. The Crusaders are deployed to the Western Pacific for six months as part of the Unit Deployment Program (UDP).

"We're happy to be in Iwakuni," said Maj. Douglas S. DeWolfe, VMFA-122 pilot training officer. "We look forward to establishing local relationships and maintaining mission readiness."

"The mission of VMFA-122 is to provide a force in readiness for any contingencies that may arise in the Western Pacific area of responsibility," noted DeWolfe.

During its time here, the squadron

will participate in air-to-air and air-to-ground training with joint and coalition forces, said DeWolfe.

The Crusaders bring around 170 Marines and Sailors, along with a full squadron of F/A-18C Hornets, to the Station.

The combat-proven F/A-18C Hornet is a single seat, twin-engine, multi-mission tactical aircraft. It is the first tactical aircraft designed

from its inception to carry out both air-to-air and air-to-ground missions, according to www.boeing.com.

The squadron brings to the Station

a 63-year history of distinguished service spanning from World War II to the Vietnam War, to current-day operations in the Western Pacific.

The Crusader's history includes a previous deployment here Sept. 1970, as a counter to a North Vietnamese offensive against South Vietnam, according to www.2navas.mcmil. Most recently, the Crusaders completed a 12-month UDP to Iwakuni from July 2002 to July 2003.

The Crusaders stand ready to conduct anti-air warfare and offensive air

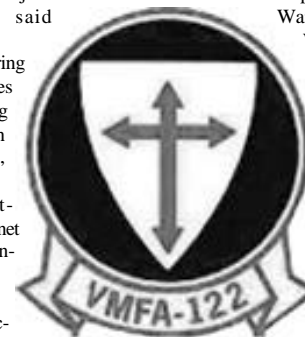
support operations in support of Marine Operational Forces from advance bases and expeditionary airfields, states the Web site. The squadron is also ready to conduct such other air operations as may be directed.

The Marines of VMFA-122 say they are ready to enjoy their deployment in Iwakuni.

Lance Cpl. Christopher L. Greer, VMFA-122 operations clerk, said that he is excited about the chance to train in a new environment, and looks forward to his leisure time as well.

"I want to go see the different culture, take a trip to Hiroshima and travel to a few other places," said Greer. "It's great to get a chance to work in a new environment."

The Crusaders stand ready to conduct anti-air warfare and offensive air



Female cammies made available

MS. SHAKINTA M. JOHNSTON
Marine Corps Systems Command

Female Marines will now have the option to procure specific female-sized combat utility uniforms designed to improve the fit and function of the current uniform. Beginning the week of Jan. 24, 2005, all clothing sales stores Marine Corps wide will begin stocking six new cammie blouse and seven new trouser sizes that specifically accommodate most female Marines in areas where fit and function issues are most frequently found.

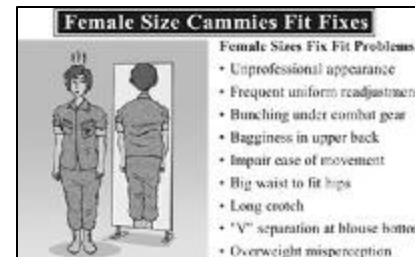
The female cammie sizes should be found in the clothing sales stores where other female clothing items are located, space permitting. Female Marines who are satisfied with the fit of their current cammies have nothing to fear. The female sizes are additional sizes and will not change the availability or design of current unisex sizes.

Fit and wear testing with female Marines found that the new cammie sizing eliminated the common fit problems outlined in the top graphic. Female-cammie benefits are achieved by adjusting the garments to female proportions. The adjustments serve to remove extra material where it is not needed in the current sizes, and to add it where needed.

Gunnery Sgt. Angelique Downs, Quantico, appreciates the impact that sizing adjustments have on uniform performance.

"The changes in sizes and eliminating the excess material seemed to result in more effective field, physical training and everyday work performance," said Downs. "There was no getting 'around' the extra fabric in the crotch and back. The focus was on the job performance and not simply dealing with bulky excess."

Downs is not the only Marine who welcomed improvements brought by the female cammies.



Before trying the female cammies, Simmons found her unisex cammies were "too larger" and sizing was very difficult. With the female cammies, she reported utilities that made her "look like a Marine and not a kid playing dress up."

"I would definitely buy a set of female sized cammies if made available," said Simmons. "They are great!"

Simmons is one of ninety percent of the test females who preferred the improved comfort, ease of movement and more professional appearance afforded by the female-sized cammies while providing uniform features identical to their unisex counterparts. To avoid confusion between the female-sized cammies and the current unisex sizes, females will need to get used to the new

size designation.

FEMALE VS. UNISEX SIZING

Different size labeling was adopted for the female cammies and will always begin with a number followed by length abbreviation. New sizes for female cammie blouses are 32 XS, 32 S, 35 XS, 35 S, 35 R and 39 S. New sizes for female cammie trousers are 24 XS, 24 S, 28 XS, 28 S, 28 R, 32 XS, and 32 S.

In the new female uniform sizing, the number replaces the current Xsmall (XS), Small (S), and Medium

NEWS BRIEFS

FRIENDSHIP DAY 2005 POSTER DESIGN CONTEST

This year's theme is "Across the Sea and Sky." The contest is open to anyone, including all the Station personnel and the Japanese community, age 18 and up. No copyrighted images may be used. Submissions are due in the MCCC Marketing Office by Feb. 25, 4:30 p.m. For details, call Ashleigh Pipes at 0827-21-4171, extension 253-6373.

PARENTS NIGHT OUT

Studio 2B Girl Scouts will be offering a baby sitting service, today, Feb. 22 and 25, from 6-10 p.m. The fee is \$3 per hour per child. Small snack and a craft will be offered. Call 253-2485 or 253-2276 to make reservations for February. Reservations are needed to attend. This baby-sitting is part of the Girls' Silver Award project. The Studio 2B girls will be using the proceeds to reach their goal of attending an overnight horseback riding camp near Mr. Fuji in May.

SILENT AUCTION

The Matthew C. Perry Elementary School Parent Teacher Organization will hold the Fifth Annual Silent Auction at Club Iwakuni Ballroom Feb. 11. Preview starts at 5 p.m., and bidding is 5:30-6:30 p.m. To submit a donation, call Melissa Young at 253-2838 or Bob Keating at 253-2037.

see CAMMIES Page 5

Local lodge provides community support

PIC. MARK FÅLOGA
Combat Correspondent

A young couple stationed thousands of miles from home was preparing to celebrate their first Thanksgiving here away from everything familiar to them, when a full turkey dinner from the Genesis Lodge helped brighten their day.

Such generosity is in keeping with the Genesis Lodge's principles, which are based on hope and charity, said Chief Warrant Officer Marlon T. Porche, Marine Wing Support Squadron 171 maintenance management officer. Porche serves as the vice president of the Station's local lodge; Genesis Lodge 89.

The lodge was established here, Dec. 10, 1991. Since its inception, the lodge has held a number of events to raise money for the community by organizing car washes, hosting dances and various other events, said Porche.

Last Thanksgiving, the lodge gave out 10 turkeys and six turkey dinners to young married Marines. At Christmas the lodge participated in a toy drive for a local orphanage, said Staff Sgt. William J. Hunter, Motor Transport Company 171 company gunnery sergeant and lodge secretary.

"The community should support the Genesis Lodge because masonry



is about the community," said Hunter. "Everything we do is for the community and the money we raise goes into the community." Porche said he joined the lodge for the camaraderie. "The lodge focuses on brotherly love, and I believe those that are interested in the lodge should join because it helps make a man a better man," said Porche.

Throughout 2004 the lodge held several events for the Station and contributed more than \$2,000 to the local community, said Porche.

"We are here to be a positive force in the community and we appreciate Station residents' support in the past

and look forward to their support in the future," said Porche.

The next event to be held by the lodge is the Sweetheart Dance Feb. 11, from 9 p.m. to 2 a.m. in the Club Iwakuni Ballroom.

The dance is open to all station residents ages 18 and older. Tickets to the event cost \$10 in advance or \$15 at the door; all ladies get in free. Anyone interested in the event may call 253-2310. Money raised during the dance will be contributed to the black history month essay contest, said Porche.

Lodge membership is open to any male age 18 and older. Anyone interested in joining the Genesis Lodge may speak to a lodge member or call 253-7543, said Porche.

Station residents learn benefits of financial fitness

PIC. LUKAS J. BLUM
Combat Correspondent

The Station Personal Financial Management Program held a free class at the Family Services Building Jan. 26, to inform Station residents about the importance of developing good credit.

The Using Credit Wisely class is one of six monthly classes taught by Russ Tate, Marine Corps Community Services financial fitness counselor, that emphasizes financial health.

"I want people who attend this class to walk away with a basic understanding of good and bad usage of credit," said Tate. "A service member's credit report and financial health can affect reenlistment opportunities, security clearance and operational readiness."

The class began with Tate describing the differences between needs and wants, and how to know the best form of payment for both.

"Wise uses of credit include purchasing assets that make you money, purchases of convenience, taking advantage of sales, emergency situations, funding education and big ticket items such as a home," said Tate. "People start getting themselves into trouble when they use credit cards to pay for

liabilities, consumables, impulse buying and paying one credit card with another."

The class also covered the importance of knowing what information is on a consumer credit card contract, such as the annual percentage rate (the percent of interest charged on the balance of an account through out a fiscal year) and stipulations of the contract often referred to as the "small print."

"I'd like to buy a house when I get back to the [United States]," said Sgt. D. Michelle Rosales, Marine Aviation Logistics Squadron 12 aviation supply functional area supervisor. "This class is a great way to learn how to build a financial foundation."

Service members are also protected from high interest rates on mortgages and credit cards through the Service Members' Civil Relief Act. If a service member's military obligation has affected his ability to meet financial obligations such as credit cards, loans or mortgages, the service member can have his interest rate capped at six percent for the duration of the service member's military obligation, according to www.usmilitary.about.com.

Tate also emphasized that many military installations are surrounded by numerous pawnshops and payday loans. Service members are often targeted by these businesses. However, using such busi-

nesses can lead to a poor credit report (a report stating the history of an individual's payment history for the previous 10 years) for the service member.

"Don't use credit cards to finance an unaffordable lifestyle," said Tate. "Make a budget for yourself and stick to it."

Tate went on to explain that 48 percent of credit card users pay only the minimum payment per month. This practice can end up causing a borrower hundreds of extra dollars in interest over time.

"Only two percent of your payment goes towards the principle (balance) when you make the minimum payment," said Tate. "The rest of the money just pays off interest that has accrued. This is a very bad habit. Paying only the minimum amount means it will take you much longer to repay your debt and cost you more money in interest."

The Using Credit Wisely class, along with the other free classes offered by the Personal Financial Management Program, provides an effective way for students to gather many useful tips and strategies to stay out of financial trouble.

For more information on Personal Financial Management Program classes, contact Russ Tate at 253-6250.

raised embossed seal.

Age requirements for importing pets are undefined at this time. However, "Japan discourages the importation of dogs and cats under the age of 10 months," states the memo. "These pets rarely meet the vaccination and FAVN test requirements."

All SOFA status personnel entering Japan with a pet are required to complete a MDJ 270 (Pet Quarantine and Examination Certificate). The form may be downloaded from the JDVC Web site (www.usarj.army.mil) and should be completed prior to arrival in Japan.

Military working dogs fall outside of the guidelines listed above. However, health and rabies certificates are still required for travel.

For more information, and to download all forms mentioned above, visit the JDVC Web site. All contact information to include phone, e-mail or fax information is also found there. A pet process checklist is enclosed to assist clients and veterinarians in completing all requirements in a timely manner.

QUARANTINE from Page 1

obtain a microchip before arriving in Japan. The identification number of the microchip must be annotated on the Rabies Certificate, the Health Certificate and on the rabies serology (FAVN) test results sheet.

Animals are also required to take the Fluorescent Antibody Viral Neutralization (FAVN) Test, according to the memo.

Advance notification for the government of Japan is required if the pet is arriving here by commercial air. Notification is required as soon as transportation is scheduled.

In order to move an animal into or out of Japan, a health certificate is required. The MJD Form 2209 may be used by military veterinarians, notes the memo.

If the health certificate is issued by a licensed civilian veterinarian, the health certificate and rabies certificate must be certified by a USDA State Veterinarian and bear the USDA

MISSION from Page 1

Lanka. At the same time, civilian assistance is increasing and the relief efforts are being focused more on long-term recovery.

"They [the military] have completed the tasks of heavy ground and air lift, debris clearing, medical assistance and transportation of supplies and equipment for which they are best suited," said James Entwistle, U.S. Embassy's Charge D'Affaires of Sri Lanka, according to the article. "Now we are transitioning to an increased focus on the civilian reconstruction and recovery effort."

The United States Agency for International Development, U.S. military forces, international relief organizations and regional militaries have treated more than 1,800 patients affected by the tsunami, notes www.dailynews.com. They have distributed more than 90,000 gallons of water and more than 600,000 pounds of relief supplies to those affected.

In addition to supplying military assistance to those affected by the earthquake and tsunami, the U.S. government has also provided more than \$57.4 million in support of humanitarian aid.

Music from Wild West meets Far East crowd

STORY AND PHOTOS BY
PIC. LUKAS J. BLUM
Combat Correspondent

The Nate Pearce and Floyd Vanlaningham Band played to an energized Club Iwakuni Ballroom crowd Jan. 26, as part of their 32-day Pacific Honky Tonk Tour that has taken them to Kwajalein, Singapore, Diego Garcia, Guam, Okinawa and Hawaii.

The band hit the stage at 9 p.m. and played three 45-minute sets of country music from various artists, as well as songs written by Pearce and Vanlaningham themselves.

"These guys are great," said Jerry W. Marish, Marine Air Group 12 hospital corpsman. "I love to hear good traditional Texas country (music)."

Many of the songs played throughout the night were straight from Pearce and Vanlaningham's three original albums back in the United States.

"I really liked one of the songs that Pearce sang, 'Drinkin' Weekend,'" said Marish. "I've heard a lot of country, but I like to hear new stuff; it was different."

The band also took requests from the audience, and even took the opportunity to join the audience in line and slow dancing.

"They played 'Country Road' very well," said Takatoshi Huruikawa, audience member. "I'm a teacher at an elementary school and I taught my whole class to sing that song in English."

The band has been performing together for three years, and although they each belong to different bands when they return to their Fresno, Calif. homes, they always play together for their American



The Nate Pearce (left) and Floyd Vanlaningham Band played at the Club Iwakuni Ballroom Jan. 26, as part of their Pacific Honky Tonk Tour.

Forces Entertainment tours. They have also performed as opening acts for famous country singers such as Daryl Worely, Brad Paisley and Merle Haggard.

"I love the adventure [of travel] and playing for the troops; you can't beat it," said Jonathan "Little John" Smith, the band sound engineer who was stationed at Marine Corps Air Station Iwakuni



Nate Pearce belts out the words to "Drinkin' Weekend" while Floyd Vanlaningham accompanies him during their performance here.

during 1980 and 1981. "It's good to be back. Even though the base has totally changed, the air is still the same; that will never change."

While Pearce and Vanlaningham were finishing up their final set of songs, they made it clear to the audience how much they appreciate the Station service members' sacrifices and dedication to duty.

"We want to let the folks here have a piece of home," said Pearce. "You are not forgotten; we really care about what you are doing here. If they send us to Iraq to perform for y'all, we'll go, but we ain't going off base."

When the band finished its performance, band members stepped off the stage to share a few drinks and laughs with their new fans.

The next and final stop of the band's Pacific Honky Tonk Tour will be Hawaii.

INTRANET from Page 1

a Permanent Change of Station.

They will also be able to access personal data and files anywhere they go throughout the fleet with the use of a "roaming file", said Staff Sgt. Portia Zampino, Headquarters and Headquarters Squadron ISMO chief. With the current system, users are required to save their files on office computers, and the only way the files can be retrieved is through that computer.

Marines and Sailors will also benefit from new computer equipment every three years, said Dignazio.

Additionally, the Marine Corps will also begin to use standardized software, said Zampino.

"Marines won't have to constantly be re-trained on different programs," she noted.

The new system was designed specifically for the Navy and Marine Corps. Because of the expeditionary force and amount of forward deployed troops, EDS has developed a system that

will cater to the services' needs with desktop, laptop and deployable computer systems, said Dignazio.

"NMCI is really an enabler for the Marine Corps and fits right into the NetCentric model where information is available to the right people, at the right place and the right time," said Dignazio. "While new computers are always nice to get, this core enabling functionality of access to data is the real benefit."

The new intranet program is a product of a civilian business, EDS, and will be primarily operated by EDS representatives. There will be help desk support available to all Station personnel 24 hours a day, said Dignazio.

"I've been working with clients to move them to standardized enterprise networks for the last 12 years, though never to this scale," said Dignazio. "I've seen the benefits of improved performance, anywhere technology and easy access to data. It makes for better communication and more informed, faster decision making."

INSPECTOR from Page 2

purchasing new amplifiers, fiber optic equipment, and installing new cable runs. The Monzen area is one the most degraded sections of the system. When the cable was installed several years ago it was direct buried which provided no protection from the elements. We have plans to replace all of the cabling and redesign the current layout. It is going to take

several years to bring the current system up to code. We have made attempts to attract a commercial provider like the ones on other bases throughout Japan. However, the condition of our current system does not make it a profitable investment for a commercial cable provider. Thanks to the Capt. Scott Voigts and CWO2 Cutshall for taking the time to explain what is going on with cable television aboard the Station.

These detailed answers should provide you with all pertinent information. If you have any questions about what is going on aboard the Station, please send them to: razvillasmd@iwakuni.usmc.mil or naseerd@iwakuni.usmc.mil or call 253-3100 and leave your question on the voice mail. If you do not wish for your name to be used please include the fact with you question.

CAMMIES from Page 3

(M) size label where the number represents the midpoint of the range of body measurements that the garment size will fit for chest or waist circumference. The letter that follows the number is the same length designation of Xshort (-XS), Short (-S), and Regular (-R) found in the current sizing. To help female Marines get started with identifying the new size female item, a uniform size conversion table was developed to provide guidance. Female Marines should look at the table below to see where there is an alternative female size next to the current unisex size. If females know their body measurements, they can also look at the top of the care label inside the garment to select a size where their measurements fall within the dimension range printed for size prediction.

The old adage of "If the shoe fits..." applies perfectly here. Female Marines must try the

camies on to determine the best-fitting new size alternative and then choose their preference for the new female-size garments or stay with the current size in whole or part. It is okay to mix and match garment sizes. During testing, the best fit for some females consisted of a mix of female-size and current size among the two cammie garments, such as female size blouse and current unisex trouser or vice versa. The purpose of the new cammie sizes is to achieve better fit for improved comfort and ease of movement for females that is comparable to the fit males experience with the current cammies.

Female cammies aren't the only impending improvements. Female-sized boots will be added in Spring 2005. Approximately 28 sizes (4-11) are being added in the hot weather, infantry combat, and steel toe boots. More information about female boots will be reported as the availability of items at stores approaches.



Sgt. Amber Castro

ABOVE: An explosion conducted by explosive ordnance Marines rocks the ground RIGHT: A Marine feeds a string of wire back to a bunker where minutes later he will detonate four blocks of C-4.



Pfc. Lukas J. Blom



Cpl. Ryan Walker

CAMP HANSEN, OKINAWA, Japan - Marines in a stack formation wait behind the Kevlar blanket that shields them from the blast of an explosive charge during the Dynamic Entry Basic Course taught by the III Marine Expeditionary Force Special Operations Training Group here June 2. The blast is capable of creating a man-sized hole, allowing Marines to gain entry into a building. The Marines are with 3rd Reconnaissance Battalion, 3rd Marine Division; Explosive Ordnance Disposal, 9th Engineer Support Battalion, 3rd Force Service Support Group; and III MEF SOTG.



photo courtesy of Department of Defense imagery server

ABOVE: Tools of the trade. Inerted ordnance sits in an EOD Museum. The ordnance is used for research. Marine EOD technicians are the only technicians in the Department of Defense allowed to inert ordnance. BELOW: Pfc. Laura Mellinger, Headquarters and Headquarters Squadron aircraft rescue fire fighting crewman, inserts blasting caps into blocks of C-4 at Target Island.



Pfc. Lukas J. Blom

"Pass with the left, receive with the right," said Warrant Officer Wesley C. Williams, Headquarters and Headquarters Squadron explosive ordnance disposal officer in charge. Williams explains how to prepare a blasting cap at Target Island Feb. 1.



Pfc. Lukas J. Blom



photo courtesy of Department of Defense imagery server

ABOVE: U.S. Air Force's 455th Explosive Ordnance Group / Explosive Ordnance Disposal stockpile a weapons cache to be destroyed at the East River Range, Bagram Airfield, Afghanistan on Dec. 2, 2004. RIGHT: Warrant Officer Wesley C. Williams, Headquarters and Headquarters Squadron EOD officer, makes a hole in a block of C-4 where the blasting cap will be inserted. EOD disposed of ordnance on Target Island Feb. 1.



Pfc. Lukas J. Blom

Marines make impact on Target Island

PFC LUKAS J. BLOM
Combat Correspondent

"Fire in the hole! Fire in the hole! Fire in the hole!" Seconds after the third warning, four blocks of C-4 explode, sending a shock wave through your core. The reverberations hang in the small concrete bunker for several seconds after the explosion, reminding its occupants of the power that was just unleashed.

The Station Explosive Ordnance Disposal team traveled to Target Island, a small piece of land located in the sea just three kilometers beyond the Station, Feb. 1 to dispose of various pieces of ordnance. Throughout the day, the team endured freezing temperatures, howling wind and snow to accomplish their task.

"The operations conducted on Target Island are focused on destroying Code-H munitions," said Warrant Officer Gregory E. Wrubluski, Marine Wing Support Squadron 171, EOD officer in charge. "[Code-H] munitions have either been damaged or reached their service limitations and can no longer be utilized safely."

The explosive ordnance Marines also brought along a group of junior Marines who, during the

previous week, had filled sandbags on Target Island.

Showing their appreciation for the working party's work the previous week, the EOD team took on the role of teachers and gave the young Marines a close look at what EOD is all about.

"It was great, the [EOD team] let us get right into the action," said Pfc Randy L. Knox, Headquarters and Headquarters Squadron flight clearance clerk. "We helped them set up the wire, blasting caps, prepare the C-4 and detonate the explosives. It was pretty exciting."

Showing Marines in other military occupational specialties different aspects of the operations EOD carries out has become an important part of the EOD mission since Oct. 2004. At that time, the Marine Corps approved a 40 percent increase of manpower in the EOD field.

"The EOD field is and has always been a relatively small community," said Wrubluski. "The Global War on Terror has proven to be a severe strain to our current manpower. The use of unexploded ordnance on many of the war's battlefields has caused a sharp incline in the already high operational tempo for the field as a whole."

The EOD field is unlike any other in the Marine Corps, said Wrubluski. In order to be considered to enter the field a Marine must hold the minimum rank

of corporal, hold a first class Physical Fitness Test score, maintain proficiency and conduct marks with an average of at least 4.2 / 4.2 and must be able to obtain a top secret clearance, among other requirements.

"There are numerous characteristics that are necessary for an EOD technician to possess," said Wrubluski. "Courage and responsibility are critical because of the hazardous nature of the job and the fact that you will operate most often in two-man teams, usually far removed from your command."

Marines in the EOD field often work hand-in-hand with Force Reconnaissance and the Secret Service and are continually getting the best training the military has to offer. Many EOD technicians also attend jump school, dive school and other specialized training courses.

"There is a trust and bond between EOD Marines that is stronger than other fields because your lives depend on the decisions and actions that you take, regardless of the situation or environment," said Wrubluski.

The Station EOD team will conduct a brief for Marines who are interested in the EOD field at the Building One auditorium Feb. 17-18. For more information call the Station EOD office here at 253-6358.



Pfc. Lukas J. Blom

Four Marines look over the open sea toward Target Island in anticipation of the day's activities with the Station's EOD team.

Poison blowfish? Sounds delish

Pfc. MARK FAYLOGA
Combat Correspondent

During poisoning by 'fugu' (a Japanese term for poison blowfish), a victim experiences a numbing of the lips and tongue, a growing paralysis of the body, headaches, gastric pain, vomiting and convulsions. On the positive side, there is the consolation of a light and floaty feeling, and after four to six hours of this, death occurs, according to www.japanvisitor.com

Once informed of these interesting facts, I began to reconsider my offer to cover a story about the fugu dining experience. However, curiosity won over fear, and I decided to undertake a date with death.

Fugu is considered a delicacy in Japan and the Philippines. The blowfish, which boasts the ability to inflate its body with water and project protective spikes, contains tetrodotoxin (a toxin 1,200 times deadlier than cyanide). The amount of the toxin required to kill a full-grown man can fit on a pinhead, and one blowfish contains enough poison to kill 30 people, according to www.destroy-all-monsters.com.

Around 100 people die per year from fugu poisoning, and the fish is the only delicacy not allowed to be served to the Japanese emperor, notes the Web site referenced above.

I was able to gather a small crew to join me on my quest to conquer the devilfish. I managed to talk my roommate, Pfc. Lukas J. Blom, into tempting death with me. I also invited my coworker, Yukie Wada, to come along and be our translator — because when you're dealing with a meal that can kill you, you don't want any miscommunication.

After calling local restaurants to find out about the need for reservations, availability of fugu and prices (not only can fugu kill you, it will also make sure you die broke; meals range from \$100 to \$200 a person) we decided to dine at Fukugen, a restaurant located just north of the Iwakuni Railroad Train Station.

As we took our seats in the restaurant, Blom tried to cover his anxiety with jokes and casual conversation.

"Did you call home today and tell your family you love them — you know, just in case?" Blom asked.

I shot him an angry glare.

Our meal, served over a two-hour period, came out course by course — each dish carefully prepared and beautifully garnished.

When the first fugu dish came out, we sat motionless for a while, waiting to see who would be the guinea pig. Wada decided she would go first.



Pfc. Mark Fayloga

Pfc. Lukas Blom searches through a fugu dinner platter to decide what he'll eat at the Iwakuni's Fukugen Fugu Restaurant in Iwakuni.

"The chefs are professionals who know what they're doing," she said.

Wada was right. Since 1958, all chefs who wish to prepare fugu need to obtain a license, according to www.japanvisitor.com. Chefs must go through three years of training and take numerous exams before becoming qualified fugu chefs. During their final exams, the chefs prepare and eat their own fugu course. Only 30 percent of chefs who train to become qualified fugu connoisseurs make it to the end of training.

Still, Wada's comment didn't ease my nerves any.

I watched Wada eat the first piece of fugu, and I studied her expression. I waited anxiously to see if death would wrap his bony arms around her, but nothing happened.

"It's really good," said Wada. "Give it a try."

I took a bite, waited for a while, checked my lips to make sure I could still feel them and breathed a sigh of relief — I was going to live.

After the first fugu dish, I became so wrapped up in the tastes and textures of the new dishes that I forgot all about the potential for death by poison. The first dish changed my question from "Is this part poisonous?" to "Can I get some more of this stuff?"

The fugu dining experience was unlike any I have participated in before. I highly recommend that anyone who is interested in having his own fugu dining adventure act on it, but I warn you — as I was leaving the restaurant, I looked in on the tank where the blowfish are kept, and for a moment a blowfish and I locked eyes. I could just imagine him saying, "you may have been lucky this time, but the house always wins."



Diodon holocactanthus
'Pufferfish'

PUFFER-FACTS

-The pufferfish is also known as the blowfish, fugu, swellfish and globefish.

-The fish is called the pufferfish because when it is threatened, it puffs up to about twice its size by gulping water.

-Of all the species of fish, blowfish are the only ones who can close their eyes.

-Pufferfish are carnivores (meat-eaters). They eat coral, sponges, sea urchins and small crustaceans.

-Pufferfish are very aggressive and possess sharp teeth, so Japanese fishermen sew their mouths shut to keep them from killing each other during transportation.

PUFFER-QUOTES

"I cannot see her tonight,
I have to give her up
So I will eat fugu."

-Japanese poet Waka

"Last night he and I ate fugu;
today I help
carry his coffin."

-Traditional saying from

"I said fugu me!"

-Homer Simpson

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

Nissan Serena, 1992, well maintained, cold A/C, seats seven, great family vehicle, JCI until May 2006, \$2,400 obo. Call GySgt. D' Trinidad at 253-5392 dwh or 253-2860 awh.

Hi-Jet Truck, 1979, JCI until Feb. 2005, free. Call SSgt. Picklo at 253-6947

dwh or 253-7566 awh.

Mitsubishi Delica, 1993, 4WD van, includes roof racks, ski racks, chains, excellent condition, JCI until April 2006, \$1,500 obo. Call Gary Gilmour at 253-4256 dwh or 253-2579 awh.

Honda Vigor, 1994, 4 door sedan, JCI until July 2005,

\$1,200. Call SSgt. Banting at 253-5392 dwh or 253-7080 awh.

OTHER ITEMS

Misc., Evenflo, black/brown infant car seat/stroller combo, \$50; Avent bottle/toy sterilizer, \$5; umbrella stroller, blue, \$5; bouncy seat, \$8; Fisher Price lights & sounds

gym, \$5; Fisher Price front baby carrier, \$8; brand new Fisher Price vibrating seat/rocker, \$20. Call Tina at 253-2498.

LOST ITEMS

Misc., cash reward for the return of a lost black CD case full of CD's. Contact PMO or Ricardo Ramirez at 080-5090-9620 or 253-3983.

JOB OPENINGS

CHRO (253-6828)
MCCS:

-Substance Abuse Counselor, world wide

-Recreation Specialist, Youth Center/ School Age Care, civilian only, NF-03, RFT

-Recreation Specialist, Youth Center/ School Age Care, civilian only, NF-03, RFT

-Sports Specialist, Athletics, NF-03, RFT

-Graphic Artist, Marketing, NF-02, RFT

-Transportation Supervisor, Maintenance, all sources, NF-03, RFT

Continuously Open Jobs Announcements (FT, PT, FLX)

MCCS Executive Administration Office

Loss And Prevention: -Security Guard (Loss And Prevention Agent), NF-01

Business Operations Division

Retail Branch: -Laborer, NA-01

-Sales Clerk, NF-01

-Store Worker, NA-02

-Food Service Worker, Auto Mini Mart, NA-02

Food & Hospitality: -ID Checker, NF-01

-Waiter/Waitress, NA-03

-Food Service Worker, NA-02

Services Branch: -Car Rental/Service Station Attendant, NF-01

-Car/Washer/Laborer, NA-01

-Recreation Attendant, NF-01

Marine And Family Service Division

Library Branch: -Library Aid, NF-01

-Library Technician, NF-02

Child Development Center/School Age Care Branch: -Program Assistant, CC-I

-Program Assistant, CC-II

-Operations Assistant, NF-02

Youth/Teen Center Branch: -Recreation Attendant, NF-01

-Operations Assistant, NF-02

Semper Fit Division

Athletics Branch: -Recreation Attendant, NF-01

-Lifeguard, NF-01

SMP, Sakura Theater Branch: -Recreation Attendant, NF-01

-Food Service Worker, NA-02

Health Promotions Branch: -Recreation Attendant, NF-01

Go to www.mccsiwakuni.com for a complete job listing.

Operation Unified Assistance flies high with help from Station C-12



photo courtesy of Lt. Col. James C. Stuart

This photo was recently taken at the Sultan Iskandar Muda Air Force Base in Banda Aceh, Indonesia. This C-12 from Marine Corps Air Station Iwakuni, Headquarters and Headquarters Squadron, deployed in support of the tsunami relief efforts just after the new year. The aircraft was based out of Uthapao Royal Thai airfield and also flew missions into Phuket, Thailand, and Banda Aceh, Indonesia.

MOVIE SCHEDULE

SAKURA

FRIDAY

7 p.m. Spanglish (PG-13)
10 p.m. Meet The Fockers (PG-13)

SATURDAY

1 p.m. Lemony Snickets (PG)
4 p.m. Christmas With The Kranks (PG)
7 p.m. Spanglish (PG-13)
10 p.m. Blade Trinity (R)

SUNDAY

4 p.m. Alexander (R)
7 p.m. Flight Of The Phoenix (PG-13)

MONDAY

7 p.m. Ocean's Twelve (PG-13)

TUESDAY

7 p.m. Blade Trinity (R)

WEDNESDAY

7 p.m. Alexander (R)

THURSDAY

7 p.m. Spanglish (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.



FRIDAY

11 a.m./5 p.m. The Majestic (PG)
2 p.m./8 p.m. Friday Night Lights (PG-13)

11 p.m./5 a.m. Taking Lives (R)
2 a.m. Novocaine (R)

SATURDAY

11 a.m./5 p.m. Men In Black 2 (PG-13)
2 p.m./8 p.m. The Forgotten (PG-13)
11 p.m./5 a.m. Harold And Kumar Go To White Castle (R)
2 a.m. Texas Chainsaw Massacre (R)

SUNDAY

11 a.m./5 p.m. Scooby Doo 2 (PG)
2 p.m./8 p.m. The Bourne Supremacy (PG-13)
11 p.m./5 a.m. The Village (PG-13)
2 a.m. Punch Drunk Love (R)

MONDAY

11 a.m./5 p.m. Two Brothers (PG)
2 p.m./8 p.m. Napoleon Dynamite (PG)
11 p.m./5 a.m. Police Academy (R)
2 a.m. Red Dragon (R)

TUESDAY

11 a.m./5 p.m. The Wedding Planner (PG-13)

2 p.m./8 p.m. Mr. 3000 (PG-13)

11 p.m./5 a.m. Resident Evil: Apocalypse (R)
2 a.m. Sands Of Iwo Jima (NR)

WEDNESDAY

11 a.m./5 p.m. The Rescuers (G)
2 p.m./8 p.m. The Cookout (PG-13)
11 p.m./5 a.m. Collateral (R)
2 a.m. Original Sin (R)

THURSDAY

11 a.m./5 p.m. White Chicks (PG)
2 p.m./8 p.m. The Terminal (PG-13)
11 p.m./5 a.m. Wayne's World 2 (PG-13)
2 a.m. Two Can Play That Game (R)



OUT THE GATE

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

Atsukishinmei Festival

A historical festival will take place in front of the Atsukishinmei Shrine in Yanai City Feb. 11. There will be a dance performance starting at 2 p.m. and 7 p.m. A Japanese drum performance may be viewed in a parking lot of the Community Center at 1:30 p.m. For further information, call 0820-27-0001.

Ono Oyster Festival

There will be a festival at the Event Hiroba field in Ono Town, in the Miyahama hot spring area, Sunday, 10:30 a.m. to 3:30 p.m. They will sell oysters, oyster dishes, beverages and local products. A Japanese drum performance is scheduled. Call 0829-55-2000 for details.

Crayon Art Display

There is a display of 32 crayon arts at the Iwakuni City Chuo Library now through Feb. 24. The library is closed every Monday and Feb. 14-18. Admission is free. For more information, call 31-0046.

Orchid Festival

Visitors can view over 10,000 orchid plants at the Hiroshima Botanical Garden Saturday through Feb. 13, 9 a.m. to 4 p.m. An admission fee is required. For more details, call 082-922-3600.

Plum Blossoms Festival

There will be a festival at Kanmuriyama Sogo Park in Hikari City Sunday, 10 a.m. to 3 p.m. A flea market, a Japanese instrument performance and more are scheduled. It will be cancelled in case of inclement weather. Call 0833-72-1400 for details.



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This story is a translation of the top of page 3 text. 本文は3ページ上段の記事の日本語訳です。

COMMUNITY BRIEFS

MCCS

Single Marine Program (253-3585)
 ■ **Super Bowl Party:** Monday, 6 a.m. Watch the game on the big screen TV.
 ■ **Pizza Night:** Tuesday, 6 p.m. Free pizza, soda, snacks and games.
MCFTB (253-3754)
 ■ **Single & Active Duty Parent Support Group Meeting:** Wednesday, 12-1 p.m. at Yujo Hall.
 ■ **Key Volunteer Basic Training:** Thursday, 8:30 a.m. to 4 p.m. at Yujo Hall.

Anger management Seminar
Every Tuesday, Feb. 15 through March 8. Call 253-4526 for details.

Black History Month Trivia
Who won four gold medals in the 1936 Olympics in Berlin? Visit the library to pick up a trivia sheet. Submit entries by Feb. 28 to be drawn for a special prize. For

further details, call 253-3078.

OTHER

Iwakuni Nurses Network
All nurses on Station are invited to meet for an informal lunch the fourth Wednesday of every month, 11:30 a.m. to 12:30 in the Club Iwakuni Ballroom to socialize and review a professional article. The article of the month can be obtained or donated by calling Jeannette at 253-3213.
Child Developmental Screens
All children ages 4-36 months are invited to have a 20 minute developmental screening to assess communication, gross motor, fine motor, social and problem-solving skills. Call Educational and Developmental Intervention Services (EDIS), a department of the Iwakuni Health Clinic, for an appointment. For details, call 253-4562.

JAS
The Japanese American Society invites all interested community members to attend our monthly get-together Wednesday, 7-9 p.m. All ages are welcome. Light refreshments and many new friends will be available. Call 253-4771 or 253-2144 for more information.

Lunch Menus

Week Of Feb. 7-11

Monday – Cheese Pizza, Tossed Garden Salad, Ranch Dressing, Chilled Peaches, Rice Krispie Treat, Milk
Tuesday – Sloppy Joe on a Bun, Tomato, Cucumber Curly Fries, Seasoned Corn, Chilled Fruit Mix, Milk
Wednesday – Chicken Tenders, Crispy Potato Wedges,

Cinnamon Toast, Awesome Applesauce, Fresh Fruit, Milk
Thursday – Nachos Supreme, Lettuce & Tomato, Spanish Rice, Chilled Peaches, Chocolate Cake, Milk
Friday – Chicken Fried Rice W/Vegetables, Dinner Roll, Orange Quarters, Cookie, Milk

CHAPEL RELIGIOUS SERVICES

Roman Catholic	
Saturday	
4:30 p.m.	Confession
5:30 p.m.	Mass
Sunday	
8:45 a.m.	Mass
10:05 a.m.	CCD
Protestant	
Sunday	
9 a.m.	Sunday School & Adult Bible Fellowships
10:15 a.m.	Non-Denominational Christian Worship
10:30 a.m.	Sunday School & Adult Bible Fellowships
11:45 a.m.	Gospel Worship Service
Cooperative Chapel Ministries	
Wednesday	
6:30 p.m.	AWANA Children's Program
3rd Saturday	
8 a.m.	Men's Fellowship Breakfast
1st Thursday	
6 p.m.	Protestant Women of the Chapel

LAY LED RELIGIOUS SERVICES

Jewish	
Friday	
6 p.m.	Shabbat Service
Seventh-Day Adventist	
2nd & 4th Saturday	
9:30 a.m.	Sabbath School/Worship
Church of Christ	
Sunday	
9:30 a.m.	Bible Study
10:30 a.m.	Worship Service
Wednesday	
7 p.m.	Bible Study
The Church of Jesus Christ of Latter-Day Saints	
Weekdays	
6:30 a.m.	Seminary
Sunday	
1 a.m.	Priesthood, Relief Society & Sunday School
3 p.m.	Sacrament Meeting

OTHER SERVICES

Islamic
Friday
12 p.m. Prayer

To confirm current schedule of services at the Marine Memorial Chapel, call 253-3371.

Lifeguard class trains future rescuers



STORY AND PHOTOS BY Pfc. MARK FAYLOGA, Combat Correspondent

EdwardMcHale, Marine Wing Support Squadron 171 utilities platoon maintenance chief. McHale volunteers as a lifeguard instructor to support the Red Cross.



Lance Cpl. Brian C. Anderson comes up for air during the 500 meter swim section of the pretest at the Semper Fit lifeguard class in the IronWorks Gym pool Monday.

According to www.wikipedia.com, about 6,500 drowning deaths occur in the United States every year, and an estimated 140,000 occur worldwide. The number would be even greater if it wasn't for the efforts of certified lifeguards.

Lifeguard classes began Monday at the IronWorks Gym here. Semper Fit is offering the class to anyone 15 or older who wants to become a certified basic lifeguard and receive certification in cardiopulmonary resuscitation and basic first aid, said Kari L. Hemund, Semper Fit aquatics director.

"I joined the class because it's something productive to do with my time," said Lance Cpl. William J. Grant, Marine Wing Support Squadron 171 bulk fueler. "I get to become a certified lifeguard and then go get a second job [as a lifeguard] and earn some extra money."

Anyone who comes to the gym and exercises in the pool on a regular basis shouldn't have a problem passing the class, said Staff Sgt.

"People should join the lifeguard class because becoming a lifeguard gives you the opportunity to give back to the community, and it gives you a sense of pride to know people trust you with their lives and with their family members' lives, and that you have the ability and training to keep them safe," said McHale.

During their training, students will see an improvement in their swimming ability and will gain confidence in the water, said McHale.

"The class is definitely worth \$80," said Grant. "You are certified as a

lifeguard and in CPR for the next three years. Plus, I think the extra training will help me become level one swim qualified - maybe even water survival qualified."

The class cost \$80, and as a prerequisite students must be able to complete a 500 meter swim and recover a 10 pound training brick from

15 feet then swim the brick to the side of the pool, said Hemund. If students fail the prerequisite, they will be reimbursed the cost of the class.

Semper Fit will be offering the lifeguard class once a month for the

next few months. The next class begins Feb. 28. The two-week class is conducted Monday through Friday 5 p.m. to 9 p.m. For more details, or to sign up for the lifeguard class, call 253-4966, said Hemund.

Swimming safety tips

- Always swim with a buddy; never swim alone.
- Swim in supervised areas only.
- Obey all rules and posted signs.
- Watch out for the "dangerous too's"—too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Don't mix alcohol and swimming. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills and reduces your body's ability to stay warm.
- Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Know how to prevent, recognize and respond to emergencies.

Information gathered from www.redcross.org



Lance Cpl. William J. Grant reaches for the pool wall to complete his final lap of the 500 meter swim portion of the pretest during lifeguard class in the IronWorks Gym Monday.

IWAKUNI SPORTS SCENE

FAMILY APPRECIATION BOWLING DAY
Saturday, 1-5 p.m. All games cost \$0.75. For more information, call 253-4657.

OVER 30 SWIM LESSONS
Coming Feb. 14-18, 6 p.m. Sign-up costs \$15. Call 253-4966 to sign-up.

UNIT PT KICKBOXING KICK-OFF (PRESIDENT'S CHALLENGE)
Today, 5:30-7 a.m. The military unit with the most fitness points in the challenge wins \$500 for their unit PT party fund. All participating units receive 20 points towards the President's Challenge. Call 253-5051 for further details.

RUN FOR YOUR HEART 5K RACE
Feb. 11. Check in at 10:45 a.m. The race begins at 11:30 a.m. Units, in

addition to adolescents and adults ages 13 and older, compete. Registration is open until today. Call 253-5051 for details.

WOMEN'S STRENGTH TRAINING WORKSHOP
Feb. 12, 1-3 p.m. in the IronWorks Gym Wellness Room. Feel stronger, protect your bones, and boost your metabolism. Call 253-5051 to sign-up for \$10.

POWERLIFTING TRAINING SEMINAR
Feb. 12, 10 a.m. Free at the IronWorks Gym Weight Room. Sign-up is not necessary. For details, call 253-5051.

MAKE REAL THE DREAM BASKETBALL TOURNAMENT
Feb. 19, 9 a.m. at the IronWorks Gym Sports Courts. For further information, call 253-5777.

Paintballers engage in colorful combat

STORY AND PHOTOS BY
PRC LUKAS J. BLOM
Combat Correspondent

As the enemy scrambled for cover, the sound of three rounds exiting a weapon's barrel broke the silence. A split-second later, the enemy fell to the tall grass and looked down at his chest in disbelief - he had been hit. Red fluid ran down his shirt and he knew his time had come. Another competitor had just been eliminated from the Last Man Standing Paintball Tournament.

Eight players came out for the first paintball tournament of the year held at the Station Paintball Range Jan. 29. Using efficient battlefield tactics, Chad Johnson walked away with the title and the first place prize.

The tournament was a one-on-one competition where players were required to hit their opponents in "vital" areas (head, neck, upper torso or crotch); the paint mark had to be at least the size of a quarter to be counted. The tournament was a double elimination competition, which gave players a second chance at victory.

"It doesn't matter what physical shape you're in, your age or your experience, there's a place on the field for you: that's the beauty of paintball," said Shawn R. Minosky, tournament referee. "The game molds to you."

The paint warriors came out blazing in the first round of colorful combat. None of the matches lasted more than five minutes.

"I was running to take cover by a bunker and I tripped right when I got there," said Eric Bothwell, tournament competitor. "I busted my [butt] pretty good, but when I looked up at my marker (paintball gun), the hopper (container attached to the marker that holds paintballs) had fallen off. I only had about three rounds left. When I shot those off, I got lit up pretty bad."

The competition heated up as players were eliminated, and eventually the two players who were left standing took the field for the final match.

Dana A. Jones had already been hit once, which meant that the final round was his last chance at victory. Johnson, Jones' competition, had evaded his enemies up to that point.

As the two players tactfully moved through the course, Jones spotted a weakness in his opponent's defense and took advantage. Sighting in on a small portion of Johnson's torso that he inadvertently exposed, Jones sent a well-aimed burst of paint at his enemy and hit him in the chest.

Both competitors had been hit once, which meant one more hit for either of the contenders meant defeat and second place.

During the final round of the game, both competitors moved about the course with extra caution. Jones was hunkered down next to a low-lying bunker when he peaked his head up to see where his opponent was. That's when the controversial play happened. Johnson saw Jones peak his head and took advantage, spraying Jones' position. One paintball hit Jones square on the head, but did not burst. Under tournament rules Jones was not out, but he did not get a paint check. Thinking he had been defeated, Jones raised his gun in surrender. It was then the referee informed him that there was no paint on his head. Unfortunately for Jones, raising his weapon signaled that he had forfeited.

"The paintball hit me so hard and square I just assumed it broke. I was wrong," said Jones. "Next time I'm going to make sure I get a paint check."

Both competitors showed good sportsmanship by accepting the results and congratulating each other on a well-played match.



Looking down the sights of his marker, Dana A. Jones gets a feel for the tool that will help him make it to the finals. Jones took 2nd place during the paintball tournament here.



LEFT: Jonathan M. Rasch peaks around a bunker and unloads a burst of paint at his opponent during the Last Man Standing Paintball Tournament Jan. 29. ABOVE: Jonathan M. Rasch (right) hunkers behind a circular inflatable bunker while his opponent sprays Rasch's position during the tournament.