

INSIDE...

FEATURE

Their not quite crazy, just little off their rocker

Station residents run, not walk, up Mt. Fuji in the 58th annual race, July 22. Page 6 & 7



CULTURE FEATURE

Found! Hidden island oasis!

Station residents visit beach off of Oshima Island for a chance to get away from it all. Page 8



SPORTS

Rat-A-Tat Tat SPLAT!

CSSD-36 Dragons' fury too much for Station units on the paintball field, July 22. Page 12



Marines, sailors roll up their sleeves for flu shot

LANCE CPT. MARK FAYLOGA
Operations Chief

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia — In an effort to keep the service members deployed here from feeling under the weather while down under, the Southern Frontier medical detachment immunized over 300 Marines and sailors July 18 and 19.

The predominant flu virus around the globe right now is the Fujian strand of the influenza virus and the vaccine service members received is a perfect match for it.

However, infections from the Wellington strand of the influenza virus have been on the rise lately in the southern hemisphere.

Residents of Townsville, an Australian city located approximately 1,000 miles east of Tindal, have recently been diagnosed with the Wellington strand of influenza.

"There was a concern, with all of the traffic between Tindal and Townsville, Marines would become infected with the Wellington influenza," said Cmdr. Michael M. Jacobs, Marine Aircraft Group 12 surgeon. "We didn't want a bunch of Marines getting the virus and spreading it to the locals in Katherine who are not vaccinated. Katherine is a small community and an influenza outbreak in the surrounding community of Katherine could potentially be devastating."



Lance Cpt. Mark Fayloga

Cmdr. Michael M. Jacobs, Marine Aircraft Group 12 surgeon, administers a flu vaccine to a Marine at the medical clinic here, Monday. The Southern Frontier medical detachment immunized over 300 Marines and Sailors in support of Operation Frontier 2005.

With concern about the health of the host nation the medical staff here worked quickly to help protect the surrounding community by protecting themselves.

"The senior officer at RAAF Tindal medical clinic described our efforts to immunize our Marines as 'essentially a public relations effort,'" said Jacobs.

The virus is highly contagious and has very debilitating symptoms; painful headaches, fevers, chills, sore throat, coughs, tenderness and sinus infection. If diagnosed with the virus service members deployed here will be quarantined for
see FLU Page 4

Get away with Space-Available travel, learn how

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

Free and cheap, two words that describe space available travel on military aircraft and the Patriot Express. Station residents need to understand the procedures and paperwork needed to get a

seat for a low-cost flight.

Space-A is a way for active-duty, Department of Defense civilian employees and their families to save a few bucks and fly on military flights with open seats on a first-come, first-served basis.

"First of all, active-duty service

members must be on leave status for a Space-A seat," said Cpl. Gary V. Skinner, Headquarters and Headquarters Squadron passenger service agent. "They must also have their leave papers or Unfunded Environmental Morale Leave paperwork to fly. If they are on ordinary leave they will be category

three flight status. If they have UEML travel documents they are moved to a category two."

Dependents who are under 18 have to be escorted by a parent to fly Space-A. If they are 18 years of age or older, they must have a command sponsor-

see SPACE-A Page 4

LANCE CPT. JOHN S. RAFOSS
Combat Correspondent

The Head Legal Assistance, Judge Advocate Division, Headquarters Marine Corps issued a warning regarding U.S. postal money order scams, July 11.

According to the advisory, in the last few months, the FBI has noticed an increase in the use of counterfeit U.S. postal money orders.

Authorities have indicated many of these at-

tempted scams have come from overseas, generally from Nigeria, Ghana, and Eastern European countries.

There are two different types of perpetrators out there.

"The first one is where the victims are contacted by e-mail and are tricked into accepting the fake U.S. postal money orders as payment for items the victims are selling through online auction Web sites," said Capt. Adam J. Workman, legal assistant officer.

"The second scam is where victims are conned

into cashing the U.S. postal money orders in return for a fee," said Workman.

According to the advisory, in recent cases from Lejeune, Marines were contacted through the Internet and asked to cash several U.S. postal money orders, keep a percentage for their services, and wire the balance through Western Union back to the sender.

If the fake money orders had been discovered as frauds after they were cashed, the Marines would have

see POSTAL Page 4

U.S. Post Office issues money-order scam advisory to service members



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The Torii Teller welcomes Letter to the Editor submissions. Letters must include a full name and unit, if applicable. Anonymous letters and comments will not be published. Letters are the opinion of the writer only. Submissions can be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to hercherdj@iwakuni.usmc.mil or coakleylj@iwakuni.usmc.mil.

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Chaplain's Corner: It's nice to meet you

LT. CMDR. JAMES JOHNSON
Station Chaplain

Good day, Iwakuni! Welcome to Chaplain's Corner! If you are a recent arrival, as I am, welcome to Japan, let the adventure begin! Since no one is on this adventure alone, introductions are in order (sometimes introductions themselves can be an adventure, but that's for another article). So even as this magnificent host nation introduces its culture and customs to us, please allow me to introduce myself.

I am Chaplain James Johnson, an ordained Lutheran minister, commissioned as a U.S. Navy Chaplain, presently holding three-year orders to the Marine Memorial Chapel here. I have a wonderful wife, Donna, and three children (two of which are still "at home"). I enjoy sports; I'll be starting a book club (or short story night) very soon; and I love the water.

That's enough about me. How are

you adjusting to the life in the Far East? As a "meat and potatoes" Minnesotan, seeing chopsticks, rather than a steak knife, in my hand, is exciting, intriguing, and awkward - which is a pretty fair definition of any cross-cultural experience. My military career has allowed me to see some wonderful places and taste some exotic foods. But what under girds it all is human interaction. That's right - the people.

One does not experience a country, see the beautiful sights, taste the different foods, etc., without more than close encounters of the first kind. What begins with a handshake or a bow can quickly and quite easily grow from acquaintance to friendship. It happened when I moved to Montana. It happened on a Med-Cruise. It happened in Iceland. I have no reason to doubt that it will happen here in Iwakuni, for you and for me.

So here's my challenge: whether you recently arrived or will soon be

PCSing, I dare you, on behalf of others, and for your own benefit as well, to make genuine attempts at some heartfelt connections with those with whom you serve, and those of the land in which we serve. You will be richly blessed. You will need to be, because you will be fully challenged. After all, we are not customers of a tour company that has promised us a thrilling five days and four nights vacation in the orient.

We are deployed, or stationed overseas. Teamwork; camaraderie; watching each other's six; getting smarter, stronger, and better, personally and professionally, is no small part of mission accomplishment. It's essential. And it makes for a great tour. (Which then become fabulous lifetime memories.)

We're off to a great start. Now I'm look forward to meeting you in person. Stop by the chapel, or I'll catch you in your work space, or about the base. Till then, God bless you, and God bless America!

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

These are commonly asked questions about dental services on base and answered by Lt. Cmdr. Tinker of the Iwakuni Branch Dental Clinic.

1. What are the Dental Clinic hours?

Monday-Thursday 7:00 a.m. to 4:30 p.m. and Friday 7:00 a.m. to 12:00 p.m. Dental emergencies are seen at any time.

2. How do I make an appointment?

Call the clinic at 253-3331 or stop by the front desk on the second deck of Bldg. 111.

3. Are there any limitations in the treatment provided by the clinic?

U.S. Department of Defense civilian employees are not authorized for prosthodontic or orthodontic treatment. Deployable, active-duty service members are not eligible for orthodontic treatment. Access to orthodontic care for active-duty service members and their dependents is extremely limited here. One Navy orthodontist, stationed in Okinawa, comes to Iwakuni on a limited basis. His visits are primarily to provide follow-on care to Navy and Marine Corps personnel and their family members who are in active orthodontic treatment that was initiated prior to the date the service member received orders to Iwakuni. The chances of starting ortho-

odontic treatment while stationed in Iwakuni is very unlikely.

4. Who is eligible for treatment?

Active-duty service members and their command sponsored dependents, reserve military members on active-duty, retired military members, dependents and U.S. Department of Defense civilian employees are eligible for treatment. Active-duty service members have priority.

5. What services does the Dental Clinic offer?

Annual examinations, dental cleanings, operative (fillings), endodontic treatment (root canals), oral surgery (extractions), and prosthodontics (crowns).

6. Should I keep my dependent dental insurance while stationed in Iwakuni?

The Tricare Dental Program is administered by United Concordia. This is entirely different than the Tricare Medical Plan. It is recommended the sponsor remain enrolled or reenroll in TDP if family members are living in the states, frequently traveling to the states, PCSing to the states soon or if they are in need of services which may not be provided while living overseas.

There is no automatic disenrollment when PCSing Outside the Continental United States, nor is there an automatic enrollment upon return to CONUS. The same form is used to enroll or disenroll and is available at www.ucci.com. The best method of disenrolling is to fax the form to (717) 260-7501, keep the fax receipt for proof and then call UCCI in 2 weeks at (888) 622-2256 or (888) 418-0466 or (717) 975-5017 to follow up.

CHATTERBOX

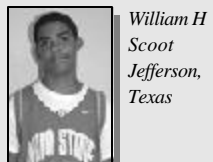
"After dominating the Tour de France for the 7th year in a row, Lance Armstrong has once again elevated the level of competition in this world-renowned race. We hit the streets once again to find out your opinion on the matter. So, we were wondering ..."

Should he retire from cycling while he is on top or continue his streak?



Pety Officer
1st Class
Patrick S.
Hillard
Maineville,
Ohio

"He should walk away now that he is on top. It doesn't get any better. Eventually, someone will beat him, so he should just walk away while on top."



William H.
Scoot
Jefferson,
Texas

"I think he should walk out on top. You all remember what happened when Michael Jordan came back. MJ couldn't keep up with all the new stars!"



Jessica R.
Lopez,
Phoenix,
Ariz.

"He should keep going because you should never quit, and bicycling will make his health better."



Larnice L.
Alexander
Chicago

"He should keep going because as my best friend Jenn always says 'it is better to regret something you did do than something you didn't do.'"

Bicycles are vehicles too, riders need to keep simple rules in mind while on two wheels

SGT. DAVID J. HERCHER
Press Chief

Summer, swimming and bicycles go hand in hand. Unfortunately, so do drownings and bike injuries which is why Station Safety Office officials want to remind residents to be safe and not to let carelessness ruin the remainder of their summer fun.

Recently, there has been a rise in the number of bicyclists violating the road rules here on base.

According to Richard Perry, Station safety director, the rules of the road for a bicyclist are the same as if the driver were operating a motor vehicle.

During the summer, "the number one safety priority is to prevent drowning," said Perry. However, "the second biggest safety hazard on base is bicycling. Bicyclists are simply not following the rules of the road, which results in too many close calls."

"When a bicyclist is riding on the roadway they are required to obey the same rules as the driver of a motor vehicle," said Perry. "Many bicyclists are ignoring this. For example, when a bicyclist rides up to a stop sign he must wait for his turn to go just like any motor vehicle."

Another violation that many Station bicyclists are guilty of is not properly crossing through a crosswalk.

"Bicyclist have to walk their bicycles across crosswalks and give pedestrians the right of way," said Mark A. Parsons, Station Safety Office health specialist. "They are also not allowed to ride their bicycles on the sidewalk."

Other important safety tips for Station bicyclists are riding in single file and with the direction of traffic in the appropriate bicycle lane. Riders should not ride on sidewalks, stop completely at a "Stop" sign, and yield the right of way to pedestrians. To enhance visibility, riders should wear brightly colored clothing during the day. It should also be noted bicyclists who are involved in a traffic accident on Station are required to notify the Provost Marshals Office.

There are many reasons why rules and regulations with riding bicycles are in place. With many bicyclists not following the rules, the chances of a mishap are increased.

"There was a bicycle mishap six months ago. The bicyclist was traveling on a one-way street in the opposite direction when he was hit by an oncoming car," said Perry. "Luckily, he was wearing a helmet, so he only sustained minor injuries."

Bicyclists also need to remember, just like runners during the hours of darkness, 30 minutes before sunrise and 30 minutes after sunset, reflective gear is a must. Bicycles should also be equipped with a light



Photo Illustration by Lance Cpl. John S. Rafoss

A Marine rides through a crosswalk incorrectly. Under Station safety rules, he is supposed to walk his bicycle, which makes it safer for pedestrians and motor vehicle operators.

on the front, emitting a white light up to 500 feet, and a red light or reflector on the rear.

"Bicycles are relatively small compared to motor vehicles and riders need lights and reflective gear to help make them more visible to drivers," said Parsons.

Riders who do not follow these safety guidelines are subject to receiving a minor offense report from PMO, which will be addressed through the sponsor's chain of command. If the incident is repeated, the bicycle may be impounded.

"An incident is inevitable, unless we change our course of action, for example attitude," said Perry.

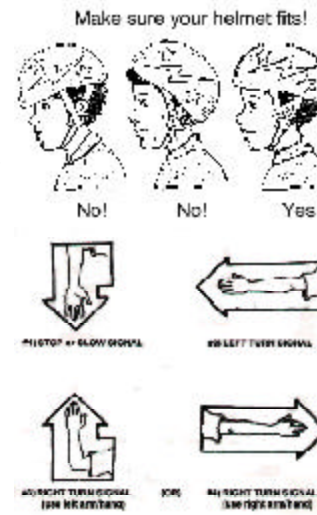
If everyone follows the rules of the road while bicycling, it can be a great and safe mode of transportation for all Station personnel.

Residents should also note that upon arriving to Marine Corps Air Station Iwakuni, they are required to register their bicycle(s) with the Vehicle Registration Office.

A receipt, bill of sale or shipping document from the Traffic Management Office is required to register the bicycle. Along with the required documents, residents must have the bicycle on hand when registering along with a lock

and an approved safety helmet. For more information on bicycle safety, contact the Station Safety Office at 253-6381, and for more information on registering bicycles contact the Vehicle Registration Office at 253-3161.

Translation of this story found on page 3.
本記事の日本語訳は10月1日を参照して下さい。



Startling Statistics:

- Half of all cycling injuries and deaths happen in summer.
- Head injuries are the cause of about 80% of cycling deaths among children and 28% of hospital admissions for cycling injuries.
- Cycling deaths nearly always involve collision with a motor vehicle.
- Wearing a bike helmet reduces the risk of head injury by up to 85%.

NEWS BRIEFS

UNIVERSITY OF MARYLAND
UNIVERSITY COLLEGE

Registration for UMC Term I 2005-2006 is Monday through Aug. 12. Students must take a placement test prior to registering for Math and English. Course offerings include history, psychology, government, economics, English and math. For a complete schedule stop by the Community Services Building, room 110 or call 253-3494 for more information.

FEMALE-SPECIFIC BOOTS NOW AVAILABLE AT EXCHANGE

Female-specific sized boots, ranging from sizes four to 11 are now available for purchase at the Marine Corps Exchange. If a Marine's specific size is unavailable, they can place an order for their size. For more information contact the Exchange at 253-5641, ask for Military Clothing.

RUNWAY RELOCATION PROJECT SLOWS DOWN TRAFFIC ON BASE

One-lane traffic is required on Outer Drive and Magazine Road due to work on the runway relocation project August 5, 2005 through the end of May 2006. The one-way traffic will be regulated by traffic signals during the nonworking hours.

TORII TELLER NOW OFFERS CLASSIFIED ADS ONLINE

The Torii Teller Classified Ads can now be found on www.iwakuni.usmc.mil. Simply click on the Press Room link. When in the Press Room page, click on the Classified link and Auto, Job Openings and Miscellaneous ads will be at your finger tips.

STARS AND STRIPES OFFERS CHANCE TO WIN 65" HDTV

Pick up a daily Stars and Stripes to vote for this year's Best of Pacific Magazine. One lucky reader will be selected to win a JVC 65" HD projection television as part of the campaign. Stars and Stripes must receive all ballots by Aug. 13 in order to be eligible. Contact marketing@pstripes.osd.mil for and questions or comments.

Outback connects back to rear



Lance Cpl. Lendus B. Casey

Lance Cpl. Jason T. Harris, Marine Aircraft Group 12 computer communications specialist, works on making a computer internet capable in the fighter omnitech.

LANCE Cpl. LENDUS B. CASEY
Combat Correspondent

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia — During Exercise Southern Frontier an estimated 400 service members are sending e-mails and making phone calls back to the rear in Iwakuni daily. Without this ability the entire exercise would be compromised. The responsibility of making sure everyone is connected back to the rear lies on the shoulders of one Marine.

Lance Cpl. Jason T. Harris, Marine Aircraft Group 12 computer communications specialist, was given the huge responsibility on his own due to his previous work experience and remarkable reliability.

"I have been in Iwakuni for two years and I've been on enough deployments that my unit was able to trust me to accomplish the mission by myself," said the 21-year-old Newark, New Jersey native.

Harris' dedication to the mission is evident in the way he strives to satisfy every service member.

"Lance Cpl. Harris is doing a phenomenal job out here during Southern Frontier and is handling the responsibilities of department head," said Maj. Christian Ghee, MAG-12 detachment officer in charge.

Harris is not only in charge of connecting Marines and sailors to the internet and setting up phone connections in all the work areas, but is also in charge of distributing cell phones to section OIC's.

"It is my sole responsibility to allocate cell phones to section OIC's and track the units they are spending on the cell phones," said Harris.

After getting everyone connected to the Internet and dispersing cell phones, Harris' job is yet to be accomplished. His next mission is to provide service support during the training evolutions of Southern Frontier. If someone's laptop or phone line isn't working, they come to his office and he fixes their problem.

"Harris is very important to this exercise because he is responsible for all the Internet and phone connectivity. He is also instrumental in making sure all the communications are maintained throughout the exercise," said Ghee.

Computer communications is not an easy job and requires a lot of knowledge about computers. Most people go into a communications job with previous interests but Harris never intended working with computers.

"I came into the Marine Corps under an open contract and was never really familiar with computers. I learned everything I know about computers being in the Marine Corps and I owe a lot to my noncommissioned officer Sgt. Lee Shouse and staff noncommissioned officer Gunnery Sgt. Jonathan Hosee," said Harris.

FLU from Page 1
five days.

"If you have 30 Marines out of 300 infected, they go down and when they go down they go down hard. They will be out of work for a week, so the potential loss of man hours and disruption to our operational efforts could have been devastating," said Jacobs.

The medical detachment was only notified of the possibility of infection one week before deploying and worked swiftly with the medical clinic here to vaccinate over 80 percent of service members here in two short days.

"It was a gratifying effort on the part of the Australian health clinic here, to help us meet a potentially devastating medical issue," said Jacobs. "This was a classic operational medicine effort, deploying to an area where there is potential for an outbreak, not covered by our standard immunization series. It was one of the most efficient medical evolutions I've seen"

POSTAL from Page 1
been responsible.

The print quality of such fake U.S. postal money orders can be quite good, and is difficult to differentiate them from the real thing.

"One way to find out if it is legitimate, U.S. postal money orders have a watermark, which when held up to the light reveals an image of Benjamin Franklin," said Workman.

To prevent problems with fraud, Station residents must take the precautionary measures. "There are many ways to avoid fraud. The biggest way to avoid it is common sense," said Workman. "Ask people around you to see what they think or go through your chain of command."

"If it sounds too good to be true, it is best to check it out first," Workman added.

If you have any problems with frauds or scams, contact the Legal Assistant Office at 253-5591.

SPACE-A from Page 1
ship letter (category five flight status) or UEML paperwork (category four flight status) to get a seat.

"Dependents need to keep in mind, only when they are flying with their sponsor are they included to their sponsors flight status," said Skinner.

To raise the chances of getting a seat, customers are recommended to show up three to four hours before their flight departs.

"We don't give departure times over the phone so they will need to stop by to get a feel for when they need to be here," said Skinner. "We recommend them to show up three to four hours early because departure times tend to shift and we want them to get on a flight just as much as they want to."

Although military aircraft flights are free, commercial aircraft flights back to the states include a small Federal Inspection Fee and Head Tax.

"When you're flying commercial air-

craft there is a charge of \$26.10," said Skinner. "As of right now customers can pay with cash or check only. We do not accept yen, money orders or credit cards."

Customers must have their travel documents, ID card, passports for dependent and DoD civilians and luggage with them to ensure the process moves along as fast as possible.

"All Space-A travelers are authorized two pieces of checked baggage under 70 pounds each and 62 linear inches or less," said Skinner. "They can also have a carry-on which can not exceed 45 linear inches. It must be able to fit under their seat."

For military personnel, flying Space-A is a perfect way to save a few dollars.

"It's a good opportunity for people to travel different parts of Japan to include Okinawa and back to the States for a low-cost," said Skinner. "If we have the flights going we will try to get you on it."

Marines - Devil Doc's top priority

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

Born in Kim Hae Khun, South Korea, Jong Myung lived on the streets with his mother. His father left when he was an infant. One day his mother explained to her young six-year-old boy they were going someplace to visit. The next couple of events changed his life forever.

All he remembers is playing with a bunch of children and looking up to find his mother; she was gone. With the intentions of giving her baby boy all he deserves, she left him at an orphanage. Six months later, the boy, now seven years old, was adopted by the Lambert family.

"I had no idea where I was going and no clue that there was such a place called the United States of America," said Chief Petty Officer Anthony Lambert (Myung), Combat Service Support Detachment 36 corpsman. "My world, at that time, was Korea and that was it."

Lambert's adopted parents, both teachers, were the foundation for his adaptation to the American culture. At first communication was performed with hand movements but after six months, he could speak fluent English.

"It throws many people off when they speak to me on the phone. They assume I am not Korean or even Asian because of my last name and I don't have an accent," he explained with a chuckle.

Growing up

with his adoptive parents was difficult at first because of the differences in their cultures and environment.

"I was used to surviving in the streets where I had to

lie, cheat and steal to get by," recollected Lambert. "Suddenly, I'm in middle-class America where you don't have to do that. But, my parents stuck by my side the whole time. With every promotion and award I have received I always share them with my parents to show them how their son turned out. I am a product of their care, love and support."

Lambert flourished in high school. He received a scholarship to Western State College in Colorado for his skills in cross-country skiing.

"I know it's hard to believe, but I was ranked 7th my sophomore year,



Lance Cpl. Cristin K. Bartter

Chief Petty Officer Anthony Lambert, Combat Service Support Detachment 36 hospital corpsman, supervises and assists Lance Cpl. Marcus Miller, CSSD-36 Marine combat life savor, initiate an I.V. for heat casualty Cpl. Adam Rush, CSSD-36 heavy equipment mechanic, during Exercise Dragons Fire.

5th my junior year and 2nd my senior year," said the humble, husky sailor. "But, I knew I wasn't ready for college yet."

With the world at his footsteps, Lambert had a decision to make that would determine the rest of his life. Upon his decision, he recalls the stories his grandfather, a machinist mate, shared with him about his

service during World War II. It was then he realized the Navy was his calling.

"I wanted to test myself," said Lambert. "I figured I have served myself for the past 17 years, now I want to serve

others. Not being born an American, I had to earn the right to become a U.S. citizen. This was an opportunity for me to give back to America for what it has given me - Freedom. The opportunity to succeed at anything I pursued."

After going through boot camp and Seaman Apprentice School, Lambert reported aboard the USS Pharris FF-1094 and deployed to the Persian Gulf to protect the seas during Desert Storm. Following his sea tour Lambert attended Hospital Corps School where he graduated with honors, was promoted to Petty Officer

3rd Class and moved on to Field Medical Service School at Camp Pendleton, Calif.

"I was taught medical techniques, clinical skills, how to wear the Marine Corps uniform, Marine Corps weapons and how to deal with Marines," said Lambert. "Whatever the Marines had to do we were taught to do. We had to be an asset to the team, not a liability."

Lambert made it his mentality to be just that, which is why he was attached to 3rd Battalion 3rd Marines Scout Sniper Platoon.

"The Surveillance and Target Acquisition Platoon are the eyes and ears of the battalion, giving a picture of the battlefield and the situation to the battalion commander," explained Lambert. "My primary role was to take care of all the medical needs of my platoon and my secondary role was a spotter and assistant team leader."

"Those guys really helped me become what I am today, not just as a corpsman but as a leader teaching sailors and Marines as well," explained Lambert.

His leadership nature and fashion for teaching is shown through the CSSD-36's Combat Life Savor's Course. Marines are taught first aid training, which includes how to stick an I.V., apply advanced medical aid to individuals with various wounds, and understanding what causes specific injuries so Marines can provide medical attention with the gear they have on.

"My job is to train Marines in

basic first aid skills for their survival," said Lambert. "In case I go down, I have to make sure the Marines know how to take care of me too."

As a mentor for Marines, Lambert has developed a special bond with them. He doesn't see himself in the Navy and them in the Marine Corps. He is their doc. He protects them while they protect him.

"Being here in the Marines is something special. You're the doc," said Lambert. "Just being called the doc by Marines, that's probably the best feeling you can have. It's better than any award. It shows how much Marines trust you with their lives in your hands."

Lambert's hard work and devotion to the Marine Corps is hard to overlook. He sheds a positive light and inspires all whom cross his path.

"The best thing about Chief Lambert is not only his character, but his motivation. He is probably the strongest asset to CSSD-36 I have seen since I have been with the unit," said Gunnery Sgt. Andrew Smith, CSSD-36 detachment gunnery sergeant. "He is wise beyond his years."

The modest Chief, whose career is to help others, never forgets who has helped him reach the level he has attained.

"I would not be where I am today without the support of great leaders and the guidance from both junior and senior personnel, and also the love and support I get from my wife Lorie and daughter Kobi," said Lambert.



ABOVE: Over 5,000 competitors showed up for the 58th Annual Mt. Fuji Race, July 22. BOTTOM LEFT: Jaramy Dodge, focuses on moving one foot in front of the other as he gets closer to the end of the race, finishing in 2 hours and 27 minutes. BOTTOM RIGHT: Brian Fogarty throws his arms up as he crosses the finish line at Mt. Fuji's 5th Station with a smoking time of 2 hours and 12 minutes.

Insanity-

They ran up Mt. Fuji, need we say more...



LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

She triumphs over the land of Japan. Her humble beauty fogs her unforgivable features. She is a challenge to all, submissive to none – she is Mt. Fuji.

Six Station residents participated, alongside more than 5,000 competitors from all over the world, in the 58th Annual Mt. Fuji Race, July 22.

The competition was split up into two races. The first race consisted of a 21 kilometer trek to the top of the mountain, and the second race was to the 5th Station, 15 kilometers up.

"I believe this race is the toughest race in Japan," said Tadamasu Uemura, Marine Corps Community Services IronWorks recreation specialist. "Fortunately, everyone was lucky because the weather was really nice that day."

For most individuals, hiking up Mt. Fuji is one thing; running up it reaches a whole different physical and mental level.

"I always like to challenge myself," said Brian Fogarty, competitor who came in at 2 hours, 12 minutes. "Other than that, maybe it'll inspire other people to challenge themselves too."

"I wanted to run it for the sense of accomplishment," added Jaramy Dodge, who finished in 2 hours, 27 minutes. "Who can honestly say they ran up Japan's toughest mountain? I can now."

Breathing difficulties, fatigue, severe

cramping and the terrain were just a few of the difficulties each runner had to endure.

"At first the road was paved with a slight incline and then gradually became very steep over a rocky dirt terrain," said Brian Hubbs, who crossed the finish line in 2 hours, 42 minutes. "Near the end I experienced severe cramping in both legs, but I pushed myself to finish."

"The trail going up was very, very steep," said William Schmidt, who completed the 15 kilometers in 2 hours, 20 minutes. "It was actually steeper than I thought it would be. You couldn't even run up it, you would have to walk."

There was no way you could run up parts of this mountain."

"It was extremely challenging like nothing I've ever done before," said Fogarty. "I trained on the Kintai Mountain for about three months for this. The Kintai is a little bump in the road compared to this thing."

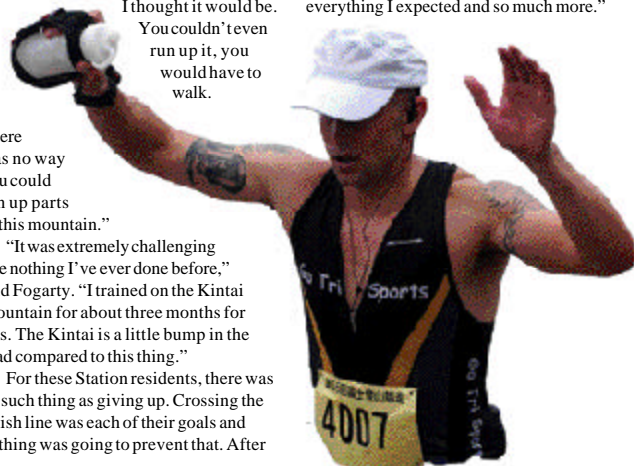
For these Station residents, there was no such thing as giving up. Crossing the finish line was each of their goals and nothing was going to prevent that. After

taking their last step all of them were overwhelmed with feelings of accomplishment, and, of course, extreme fatigue.

"I was so happy when I finished the race, but I was also in a lot of pain," said Hubbs.

"I feel pretty awesome," added Fogarty after finishing the race. "But I am not looking forward to tomorrow."

"There were so many times that I thought they were going to have to pull me off the mountain," said Dodge. "But when I ran through the finish line, I felt so proud, a sense of accomplishment. It was everything I expected and so much more."



"Desperate Housewives..." I don't think so!

STORY AND PHOTOS BY
LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

One's an ex-model who is having an affair with the gardener, one is the divorcee and single mom who will go to great lengths for love, one is the ex-career woman who is the mother of four difficult children and one is "Martha Stewart on steroids." That's right; it's the award-winning, comedic series *The Desperate Housewives*. The United States has been eating up each episode, sitting at the edge of their couches through each dramatic event. As more and more "housewives" are stamped desperate, these two women slipped through the grips of American culture.

Bonnie Lewis and Jennifer Medillin, military spouses, accomplished something most people wouldn't even dream about. They participated in the 58th annual Mt. Fuji race, against over 5,000 other competitors, July 22.

Both women competed in the 15 kilometer race to the 5th Station on the mountain, which consisted of paved roads, gravel and rocks.

"It was pretty much what I expected because everyone said it was really hard," said Lewis who came in at a blazing time of 2 hours, 32 minutes. "At some points you had to use ropes and limbs to pull yourself up the mountain."

Enduring what the unforgiving mountain put in their path, Lewis and Medillin had motivation pumping through their blood as each pulse rang through their ears.

"I was double-dog dared to enter the race," said Medillin who crossed the finish line in 2 hours, 40 minutes. "Turbo (Tadamasu Uemura, Marine Corps Community Services IronWorks recreation specialist) not just dared me, but double-dog dared me to enter the race and I wasn't going to back down and lose."

Lewis saw it more as a golden opportunity to exercise one of her passions. "Being stationed here in Japan, it (the race) was a chance to do something different, to go up Mt. Fuji. I do different races everywhere we get stationed."

There are stages the body hits when enduring extreme physical training. For these women, the thought of quitting came and vanished like the clouds rolling along the mountain.

"I knew my family was waiting for me at the finish line so I knew I couldn't quit," said Medillin. "They were my motivation to keep going. Whether I was going to take four hours to finish, I was going to finish."

They both crossed the finish line with impressive times and felt literally on top of the world.

"I felt awesome after finishing, very happy," said Lewis.

"I was like 'Yeah! I Rock!'" exclaimed Medillin. "I was so surprised I finished that fast."

The race wasn't a lonely trek for these women. Each were supported by family and friends along the way.

"I was extremely proud of my wife," said Robert Medillin, supporting spouse. "I support her in all of her runs. She really likes participating in them and I really like watching her do them."

"When Bonnie came across the finish line I felt like everything she had done to get to this point was well worth it," said Brian P. Fogarty, friend of Lewis.

For other individual who may or may not be thinking about endeavoring what these women have, it is an accomplishment worth persevering for.

"When I first started running I could only go for about half a mile," explained Lewis. "Then I started going for three miles, then five kilometers, then half of a marathon and now full marathons. If you go out without any training you'll hate it or get an injury. But if you train hard and do marathons you'll have a lot of fun."

"I say go for it!" said Medillin. "Make it a goal and train for it. For people who don't think they can do it, how are you going to know if you don't try?"



Jennifer Medillin, 58th Annual Mt. Fuji Race competitor, smiles for the camera as she finishes at 2 hours and 40 minutes.



Bonnie Lewis, race competitor, endured every obstacle Mt. Fuji had to dish out and finished the race at 2 hours and 32 minutes.



LANCE CL. LUKAS J. BLOM
Combat Correspondent

Paradise awaits Station residents

A patron of Katazogahama Beach on Oshima Island displays the starfish he caught in the Inland Seto Sea. BOTTOM LEFT: A beach goer tests the water before jumping in. BELOW: Aaron Green holds up his prize starfish caught at Katazogahama Beach during a recent visit to the Oshima Island oasis. Katazogahama Beach on Oshima Island is one of the most popular beaches in western Japan.

Certain places in the world are synonymous with beautiful, picturesque beaches. Hawaii, California, the Bahamas, Tahiti and even Okinawa invoke relaxing thoughts of palm trees dancing in a warm breeze while golden beachgoers enjoy a seaside picnic or a simple, yet breathtaking, sunset.

Station residents need not dream of far off tropical lands. Oshima Island is a hidden island oasis and home to one of the best beaches in western Japan, Katazogahama Beach.

"The beach was so beautiful. It reminded me of being back in the States at some beach in Florida," said Cpl. James J. Ferguson, Marine Aviation Logistics Squadron 12 embarkation noncommissioned officer.

The 400-meter sandy stretch of beach is lined



with palm trees along the entire stretch. Also, at more than 75 meters wide, Katazogahama Beach provides a perfect setting for a friendly beach football game.

The clear blue waters of the Inland Seto Sea allows swimmers to see the sea floor, and all of the wildlife it contains. Sand dollars, starfish and clear jellyfish swim in abundance in the waters off Katazogahama.

"I was kind of freaked out at first when I saw the small jellyfish, but then I was told they couldn't sting," said Ferguson. "We walked along the beach collecting sand dollars and starfish. They were all over the place."

There are also small cabana-style spaces on the backside of the Beach, available to rent for a small fee. The spaces offer families, or sun sensitive groups, an area to enjoy Katazogahama without the worries of sunburn.

Directly behind the beach awaits a street full of

small restaurants and beach shops to supply beach patrons any amenity possible.

"We were walking down the street behind the beach and stopped in for lunch. We just had Yakisoba, but it was really good," said Ferguson who recently visited the beach for the first time. "The shops were cool too. They had a bunch of beach toys and beach clothes. I had a great time."

A beachside hotel, The Sunshine Southern Seto, is also available to anyone wishing to take a weekend vacation or just escape to a relaxing paradise for a night. If "roughing it" is more your style, there's a campground nearby for the outdoor enthusiasts.

Along with the scenery, Katazogahama Beach offers an endless amount of water activities including scuba diving, jet-ski rental, banana-boat rides and fishing.

For directions or information on Oshima Island or Katazogahama Beach contact International Tours and Travel at 253-4377.



OUT THE GATE

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

Tokuyama Summer Festival

There will be a festival at the Aozora Park and along Peace Boulevard (Heiwa Dori), Shunan City, Saturday, 5:10-9 p.m. Various events, such as a clown's performance, Japanese dance performances, band concerts, parades and more, are scheduled. There will be a haunted house in the Aozora Park. Booths, selling snacks, will be set up. This festival

may be cancelled in case of inclement weather. Call 0834-31-3000 for further details.

Otake-Waki Fireworks

Visitors can enjoy approximately 1,300 fireworks performance around the Yamato Bridge over the Oze River, which runs between Otake City and Waki Town, Monday, 8:10-9 p.m. In case of inclement weather or the rise of the river, the fireworks performance will be postponed to the following day. Call 52-2135 or 52-3105 for more information.

Contemporary Calligraphy Display

A display of 29 pieces of contemporary

Japanese calligraphy will be held at the Chokokan Museum near the Kintai Bridge Sunday through Sept. 4, 9 a.m. to 5 p.m. The museum is closed Mondays. Admission is free. For details, call 41-0452.

Nishiki River Cormorant Fishing

A boat tour to watch cormorant fishing (using birds to catch fish) in front of the lit up Kintai bridge on the Nishiki River is held now until Aug. 31. A fee is required. A boat leaves at 6:30 p.m. for a tour with dinner. A boat for a tour without dinner leaves at 7 p.m. It may be cancelled in case of inclement weather. For more information or for a reservation, call 41-0470.

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 Cynos, 1991, 2 door, great condition, recycle tax paid, JCI until Nov. 2005, \$700 obo. Call Jamie at 253-7687.

Harley-Davidson Sportster, 2004, 883cc, less than 100 miles, road tax paid, ready to ride, JCI until May 2007, \$7,100. Call Jerry at 253-2329.

A from Z

MISCELLANEOUS

Misc., black and brown computer desk, good condition, a-year-old, \$20. Call Jessica Chip-Hernandez at 253-2691.



JOB OPENINGS

Central Texas College
C...
B...
t...
an

erably in English, Math or Education. Call 253-3631 for more information.

New Parent Support Program

Home visitor position is open. Licensed RN or MSW with 2 years postgraduate experience in services to children and families, maternal/child, OB/GYN or similar sought for New Parent Support Program. Call 253-6553 for further details. E-mail resume and cover letter to resume@jeassociates.com, fax to (301) 650-4136 or drop off at the Building 411, room 219.

Community Bank

An energetic team player is needed for a 30 hour teller position. If you are a hard worker and interested in the financial services industry, contact Marcia at 253-3852 for more information. Prior cash handling and customer service preferred. Starting pay is \$8.75 per hour without prior banking experience.

CHRO (253-6828)

MCCS:
-Transition Program Counselor
-Information & Referral Assistant
Facilities:
-Electrical Engineer
Commissary:
-Store Worker (Part time)
-Store Worker (Intermittent)
Logistics:
-Supervisory Contract Specialist
-Transportation Assistant
IPAC:
-Supervisory Resources Management Specialist
-Human Resources Assistant (Mil/OA), temporary NTE
-Traffic Control Specialist

IIO:
-Management & Program Analyst (TQL)

MCCS (253-3030)

(The following jobs are open at MCCS Personnel)
MCCS Job Listing:
-MCCS Director Executive Administration Office
-Security Guard Executive Administration Office
-Inventory Control Specialist Executive Administration Office
-Procurement Assistant Merchandising
-Sales Associate Main Complex
-Sales Associate Cashier Bookstore
-Sales Associate Cashier S/S 7 Day
-Sales Associate Cashier Main Complex
-Store Worker Main Complex
-Senior Sales Associate Main Complex
-Senior Sales Associate Cosmetics
-Senior Sales Associate Main Complex
-Sales Associate Cashier Military Clothing
-Retail Area Supervisor Main 7 Day Store
-Retail Area Supervisor Military Clothing
-Retail Area Supervisor Main Complex
-Retail Operations Assistant Auto Mini Mart
-Materials Handler Warehouse
-Head Cashier Cash Cage
-Custodial Worker Bachelor Housing
-Desk Clerk Bachelor Housing
-Automotive Shop Supervisor Service Station
-Assistant Services Officer Services
-Auto Hobby Shop Supervisor Auto Hobby Shop
-Recreation Attendant Auto Hobby Shop
-Recreation Attendant

Sakura Theater
-Beautician Beauty Salon
-Veterinary Clerk Vet Clinic
-Animal Caretaker Vet Clinic
-Food Court Assistant Manager Food Court
-Pizza Hut Delivery Driver Food Court
-Club Operations Assistant Club Iwakuni
-Family Child Care Monitor Marine And Family Services
-Operations Assistant Teen Center
-Program Assistant School Age Care
-Library Technician Library
-Office Automation Clerk School Age Care
-Personnel Assistant Personnel
-Athletic Director Semper Fit
-Recreation Assistant Youth Sports
-Recreation Attendant Youth Sports
-Recreation Attendant Special Events
-Recreation Assistant Athletics
-Recreation Attendant Athletics
-Recreation Attendant Paintball
-Recreation Attendant Marina
-Recreation Attendant Gear Issue
-Recreation Attendant Single Marine Program
-Special Events Coordinator Special Events
-Operations Assistant Single Marine Program
-Supervisory Information Technology Specialist IT
-Computer Operator Information Technology
-Contract Specialist Purchasing And Contracting

Military spouse preference will be given to eligible spouses of active duty service members who have been reassigned to MCAS Iwakuni. To get more information about MSP, contact 253-5019. Visit www.mcsiwakuni.com for a complete job listing.

MCTV CHANNEL 19

FRIDAY - 8 a.m. Snow White (G); 11 a.m./5 p.m. Back To The Future 2 (PG); 2 p.m./8 p.m. Serendipity (PG-13); 11 p.m./5 a.m. American Pie (R); 2 a.m. Navy Seals (R)
SATURDAY - 11 a.m./5 p.m. Looney Toons: Back In Action (PG); 2 p.m./8 p.m. Mona Lisa Smile (PG-13); 11 p.m./5 a.m. Bad Company (R); 2 a.m. Spaceballs (PG)
SUNDAY - 11 a.m./5 p.m. Beethoven (PG); 2 p.m./8 p.m. Garfield (PG); 11 p.m./5 a.m. Blackhawk Down (R); 2 a.m. Scary Movie II (R)
MONDAY - 8 a.m. Big Fat Liar (PG); 11 a.m./5 p.m. The Haunted Mansion (PG); 2 p.m./8 p.m. Biker Boyz (PG-13); 11 p.m./5 a.m. American Pie II (R); 2 a.m. American Graffiti (NR)
TUESDAY - 8 a.m. Pooh's Heffalump Movie (PG); 11 a.m./5 p.m. Innerspace (PG); 2 p.m./8 p.m. Duplex (PG-13); 11 p.m./5 a.m. Kill Bill: Volume 1 (R); 2 a.m. The Life Aquatic (R)
WEDNESDAY - 8 a.m. Jungle Book (G); 11 a.m./5 p.m. Just Married (PG-13); 2 p.m./8 p.m. Vanity Fair (PG-13); 11 p.m./5 a.m. The Peacemaker (R); 2 a.m. Johnny English (PG)
THURSDAY - 8 a.m. Ella Enchanted (PG); 11 a.m./5 p.m. Mean Girls (PG-13); 2 p.m./8 p.m. Bruce Almighty (PG-13); 11 p.m./5 a.m. Kill Bill: Volume 2 (R); 2 a.m. The Craft (R)

COMMUNITY BRIEFS

CHRO

CHRO Training
■ **USCS Performance Appraisal/Awards Training for Supervisors**: Aug. 9, 9 a.m. to 12 p.m.
■ **JN Prevention Of Sexual Harassment (POSH)**: Aug. 9, 9-10 a.m., 1-2 p.m. and 2:30-3:30 p.m.
■ **Civilian Marines Acculturation Training**: Aug. 11, 8 a.m. to 12 p.m.
■ **How To Catch Yourself "Leading Right"**: Aug. 24-26, 8 a.m. to 4:30 p.m. For more information and nominations, call 253-6834 or send e-mail to MarehamPA@iwakuni.usmc.mil. Classes will be held at CHRO training room. Building one, Room 102, except JN POSH which will be held at Building one, Auditorium.

MCCS

Special Events
■ **National Kids Day Expo**: Aug. 6, 12-4 p.m. at the Amphitheater, Main Outdoor Pool and Friendship Park. Entertainment, rides and fun food will be available for a small fee. For more information, call 253-5549.

MCX (253-5641)
■ **Santa Bucks**: Until Sunday. Receive \$1 Santa Buck for every \$10 single purchase. Redeem your Santa Bucks Nov. 25 through Dec. 24.
■ **Back to School Sale**: Now through Sunday. Save on back to school supplies, clothes and more.
■ **Tent Sale**: Thursday through Aug. 6 at the MCX parking lot. Discounted prices on a variety of items, as well as food and entertainment.

Single Marine Program (253-3585)
■ **Committee Meeting**: Wednesday, 10 a.m. Attendance is mandatory for all squadron representatives.

Youth & Teen Center (253-6454)
■ **Teen Keystone Meeting**: Every Friday, 7-9 p.m. Interested teens are welcome to join a committee to make the Teen Program better than ever.
■ **Mirokuno Park Trip**: Aug. 5, 8 a.m. to 6 p.m. Sign-up costs \$5, deadline is Wednesday. Bring extra money for souvenirs at this amusement park.

School Age Center (253-4769)
■ **Summer Camp Adventure 2005**: Registration is open continuously throughout the summer. The camp is open to children ages 5-12. 5-year-old children must be enrolling in kindergarten next school year in order to participate. The cost is based on total family income. Parents must provide their L.E.S. upon registering. The camp operates until Aug. 19.

MCFTB (253-3754)
■ **Key Volunteer Training**: Now available online. You can complete the training at your convenience.

Marine and Family Services
■ **Family Member Employment Assistance**: This program assists spouses and other employable family members in exploring employment options and opportunities in their chosen career fields. For more details, call 253-6439.

■ **Substance Abuse Counseling Center**: The center provides early intervention, assessment, treatment and continuing care for people experiencing problems associated with the use of mood and mind altering substances. Call 253-5260 for more information and confidential assistance.

■ **Video Swap**: In addition to a paperback book swap, the library is offering a video swap. Bring in your old video or DVD and swap it out for another video or DVD you would like to see. The video swap will be conducted on a bring-one-take-one basis.

■ **Play Morning**: Tuesdays, 9:30-11 a.m. and Thursdays, 10-11:30 a.m. in the Community Room of Building 657. Call 253-6553 to sign up. Kids enjoy crafts, free play and songs.

■ **Station Book Clubs**: Happy Bookers meet Tuesday at 7 p.m. and the Brown Bag Lunch Bunch will meet Aug. 18, 11:45 a.m. to 12:35 p.m. For further details, call 253-3078.

■ **Money Management 101**: Thursday, 8:30 a.m. to 3:30 p.m. Learn how to effectively manage your money. Call 253-6250 for details.

■ **Basic Resume Writing**: Thursday, 1-3 p.m. Learn effective resume writing skills and tips on writing a powerful resume. Call 253-6439 for more details.

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

Nihongo de...

自転車も車と同じ 乗り手は簡単な規則に従うべき

夏に水泳と自転車を切り離して考えられないように、不幸にも溺死と自転車による怪我も関連して起こる。そのため基地安全課の職員は、住民が事故に遭わないよう、不注意で夏の楽しみを台無しにしてしまわないよう指摘する。

最近基地で、道路法規に違反するサイクリストの数が増えてきている。地上安全担当官のリチャード・ペリーによれば、サイクリストと自動車運転者の道路法規は同じものである。

夏には、「安全の最優先事項は、溺死が出ないようにすることだ。しかし、その次に重要な基地の安全上の問題は自転車の乗り方である。サイクリストが単に道路法規を守らないことが、間一髪になるような結果を多く導いている。」と、ペリーは言う。

「サイクリストが車道を走るときは、自動車運転手と同じ規則を守らなければならないが、多くのサイクリストはこのことを無視している。例えば、サイクリストは一時停止標識があるところでは、自動車と同じように自分の順番を待たなければならない。」と、ペリーは言う。

多くの基地サイクリストが犯すその他の違反に、横断歩道の渡り方が正しくないことがある。

「横断歩道では、サイクリストは自転車を押して歩いて歩行者優先を守らなければならない。歩道でも自転車に乗ってはいけない。」と、産業安全衛生専門官のマーク・A・パーソンズは言う。

基地サイクリストへの他の安全に関する助言は、縮に一列に並んで走ることと、自転車用車線を交通の流れに沿って走ることである。また、歩道を走ってはいけない。一時停止標識のあるところでは、完全に止まり歩行者優先を守る。昼間はより目立つように鮮やかな色の服を着用しなければならない。基地で交通事故にあったサイクリストは憲兵隊に通報の義務があることを認識しておく。自転車走行規則があるのには、たくさん理由がある。大勢のサイクリストが規則に従わないので、不運な事故が増えてしまう。

「8ヶ月前、自転車の不運な事故が起こった。乗り手が一方通行の道を逆走して対向車にぶつかったのだ。彼はヘルメットを着用していたため、幸い軽い怪我で済んだ。」と、ペリーは言う。

自転車に乗る人は、日の出前30分までと日没後30分あとの暗い時間帯には、ジョギングする人と同じく反射装備が必需品であることを覚えておかなければならない。自転車の前面に500フィート先まで照らす白のライトを付け、後方には赤ランプか反射物を付けなければならない。

「自転車は自動車に比べて小さいので、乗り手がドライバーからよりよく見えるようライトや反射物が必要となる。」と、パーソンズは言う。

これらの安全ガイドラインに従わない乗り手は、軽い違反通知が憲兵隊からスポンサーの司令系統を通じて渡される。事故を繰り返せば、自転車が没収されることもある。

「今の状態、例えば考え方を変えなければ事故は避けられない。」と、ペリーは言う。

乗る人が道路法規を守れば、自転車は基地の人員にとって素晴らしい安全な乗り物となるだろう。

海兵隊岩国基地に到着したら、住民はすぐ憲兵隊車両登録課に自転車を登録しなければならない。その際、シートか譲渡証かDMOの積荷書類が必要となる。書類のはかに住民は、鍵と認可されたヘルメットを自転車と一緒に持っていかなければならない。

自転車の安全についての情報は基地安全課(内線253 6301)、自転車登録課についての情報は憲兵隊車両登録課(内線253-3161)で得られる。

CHAPEL RELIGIOUS SERVICES

Roman Catholic

Saturday	
4:30 p.m.	Confession
5:30 p.m.	Mass
Sunday	
8:45 a.m.	Mass

Protestant

Sunday	
9 a.m./10:30 a.m.	Sunday School & Adult Bible Fellowships
10:15 a.m.	Non-Denominational Christian Worship
11:45 a.m.	Gospel Worship Service

Cooperative Chapel Ministries

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

LAY LED RELIGIOUS SERVICES

Jewish

Friday	
6 p.m.	Shabbat Service

Seventh-Day Adventist

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

Episcopal

Sunday	
7 p.m.	Worship Service

Church of Christ

Sunday	
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

Nichiren Buddhist

Call Chapel for POC information.

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

VACATION BIBLE SCHOOL

The Vacation Bible School for preschoolers through sixth graders will be held at the Station Chapel Monday to Aug. 5, 6-8 p.m. Children can register at the foyer of the Chapel. For more details, call Carol Nash at 253-4323 during working hours or 21-8043 after working hours.

Mac, Grilled Cheese, Tempura Fried Fish, Macaroni And Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas And Mushrooms
Thursday – Chicken Noodle Soup, Cream Of Mushroom Soup, Apple Glazed Corn Beef, Teriyaki Chicken, Rissolle Potatoes, Noodles Jefferson, Succotash, Fried Cabbage, Chicken Gravy
Friday – Clam Chowder, Onion Soup, Crab Cakes, Chicken Vega, Parsley Butter Potatoes, Steamed Carrots, Corn On The Cob, Dinner Rolls, Steamed Rice

Go extra mile in race preparation

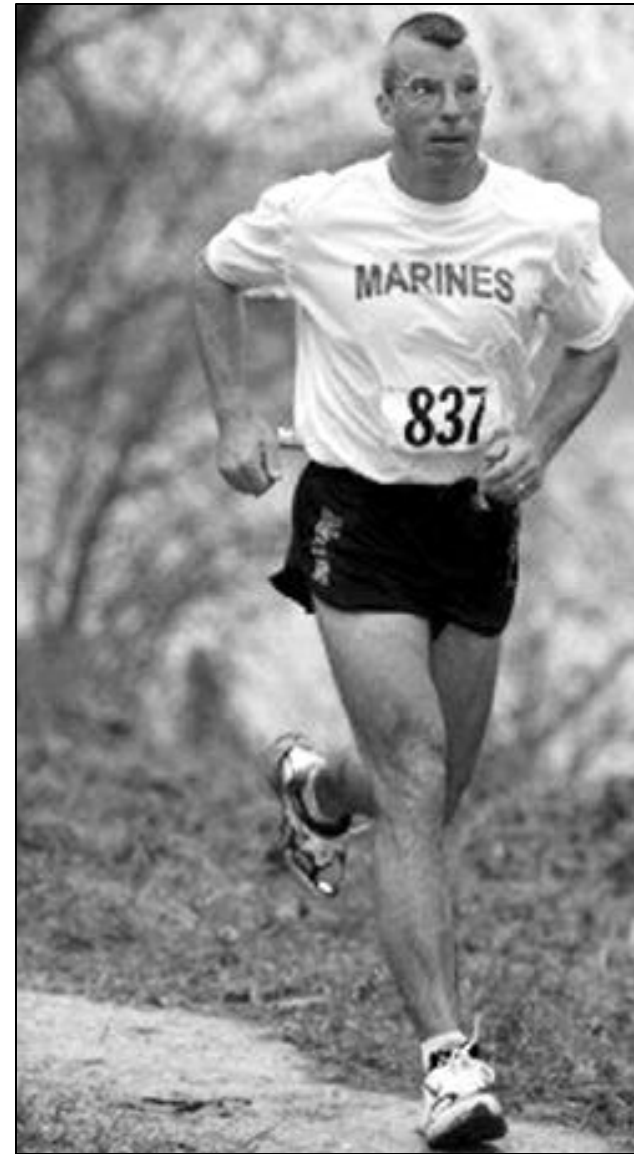


Photo provided by Gunner Sgt. William J. Schmidt

William J. Schmidt, avid Marathon runner, has been a competitive runner for over 20 years. Proper nutrition, discipline, motivation, and proper gear are all important factors when training for a competitive race.

MICHELLE PERRY

Volunteer Correspondent

Are you looking for a challenge? Do you enjoy the adrenaline rush, the competitive spirit, that sense of accomplishment when you pass the guy you've been chasing for the last mile? If so, then running a marathon might be the thing you are looking for.

The Station hosts many races throughout the year such as "The Great American Smoke Out Run", "The Jingle Bell Jog", "The Poker Run", and many others. Countless people join these looking for a challenge, accomplishment, or because they just love the sport.

Station residents who are looking to compete in a marathon should prepare ahead of time. Through exercise, proper nutrition, motivation, and proper clothing all runners can cross the finish line at their best. Exercising is a no brainer when it comes to training for a marathon. However, competitors should not only exercise hard, but also be consistent with their training.

"You have to prepare a couple of months ahead. I usually run 60 to 70 miles a week," says William J. Schmidt, marathon competitor. "By training long distances you get used to the pain and the transition between different energy sources."

Nutrition is just as important as exercise. Without the proper diet a person's body cannot function at its best. Proper dieting gives them the energy to race and eliminates the body fat, which can weigh a competitor down.

"A person who is preparing for a race will most likely need more calories overall, due to the enormous energy consumption of his or her physical training. However, high calorie foods without a substantial nutritional value will not really help the person get more energy," Jennifer Faniel, Semper Fit health promotions assistant pointed out. "Eating a well balance diet of 50 to 60 percent carbohydrates, 20 to 30 percent fat, and 20 to 30 percent protein on a regular basis, and making adjustments shortly before the race can improve a person's performance."

Carbohydrates are your body's source of energy and are the first burned when you exercise. Complex carbohydrates (like cereal grains, legumes, and potatoes) contain many units of starches, which are converted into blood sugar for energy," Faniel, added.

When competing in a race it is very important to drink lots of water and other sports drinks.

"High caffeine content drinks increase the risk for dehydration because caffeine is a diuretic. By being just four percent below the normal hydration level a person can begin feeling sick and their performance is reduced. A 20 percent dehydration level can result in death," Faniel explained.

Runners cannot perform at their best while experiencing discomfort; this is why proper clothing is important. When training or running in any race, it is important to wear the proper attire.

"You should wear proper running shoes, and light, cool clothes to keep you comfortable," suggested Brian C. Hubbs participant in the 58th annual Mt. Fuji race.

It is suggested to have a goal when entering any race, because motivation can significantly help individuals complete a marathon. Without the right attitude, running any race will be difficult.

"Never give up and always push yourself to go further. It helps to set a goal before you run. That way the disappointment of not reaching your goal will push you to the finish line," explained Hubbs.

IWAKUNI SPORTS SCENE

■ SWEAT Program (Strength, Wellness Education & Aerobics Training)

This new program at the IronWorks Gym is designed to help active duty remedial personnel who need to increase their physical fitness test scores and become healthier. The program includes a MicroFit Assessment, weekly weigh-ins (by request), monthly body fat testing, weight management lectures, President's Challenge entry and attendance and progress tracking reports. Call 253-6359 for more information.

■ Japanese And American Goodwill The 18th Annual Sprint Triathlon

This triathlon consists of a 1.2K open water swim, 36K bike ride and a 10K run. Applications are available at the IronWorks Gym front desk. Registration ends Aug. 5 for SOFA, master labor contractor, indirect hire agreement workers and JMSDF applicants. The triathlon is Aug. 14. For details, call 253-6359.

■ Running Club

This incentive program is a way for runners to earn prizes for the miles they run. For more details, call 253-6359.

■ Passport To Health

Gym patrons receive incentives for accumulating 100 workouts. For further information, call 253-6359.

■ League Bowlers

All bowlers with a 2004-2005 ABC sanction card bowl for half price during open bowling. For further information, call 253-4657.

■ Moonlight Bowling

Every Saturday, 6 p.m. The event features three lights out games, three strike shots for cash prizes and one double cross super progressive jackpot ranging from \$500-\$1,150. Reserve your lane today. \$10 includes the fee for all three games. Call 253-4657 for details.

■ PT Bowling

Wednesdays and Fridays, 1-4:30 p.m.,

groups of 10 or more service members bowl for 50 cents per game. Free shoe rental. For more details, call 253-4657.

■ Student Bowling

Matthew C. Perry students bowl for 50 cents per game on weekdays. Shoe rental is free. Call 253-4657 for details.

■ Birthday Parties

If you are interested in having a bowling birthday party, stop by the Bowling Center for details or call 253-4657.

■ Free Camping, Recreational Gear

The Outdoor Recreation Center, located in the IronWorks Gym, allows Station residents to rent camping, picnic and recreational gear for three days, free of charge. The gear includes tents, sleeping bags, coolers, water jugs, propane stoves, propane lanterns, electric lanterns, backpacks, ISO mats, tables, chairs, canoes and kayaks for rivers, lakes, and dunes and much more. All items are available year-round. Ocean kayaks, jet skis and a

pontoon party boat can be rented at the Marina. For details call 253-3822.

■ Latin Dance Classes

Classes are held at the IronWorks Gym every Wednesday, 7:30-8:30 p.m. and cost \$32 per month or \$8 for each class. Come learn the Salsa, Merengue, Mexican Folk Dance and Bachata. Call 253-3696 for details.

■ Mount Fuji Hike

It is time to hike Mt. Fuji. It is rated a medium to difficult hike due to the high altitude, so be prepared. Attendees must complete the Mount Fuji safety brief before departing on the trip. This trip is open to all SOFA Status personnel 14 years of age or older. Patrons under 17 must be accompanied by a parent or guardian. There is a \$170 fee which includes transportation from MCAS Iwakuni to Mt. Fuji and Tokyo and back. Call 253-4377 for details. Aug. 25-29 is the next available trip.



Mess Hall Lunch Menu

Week Of Aug. 1-5

Monday – Cream Of Broccoli Soup, Split Pea Soup, Baked Chicken And Rice, Roast Turkey, Lyonaise Green Beans, Mashed Potatoes, Peas And Carrots, Chicken Gravy, Hot Dinner Rolls

Tuesday – Minestrone Soup, Tomato Soup, Chuck Wagon Steak, Cajun Catfish, Potatoes Au Gratin, Steamed Rice, Glazed Carrots, Broccoli Combo, Cheese Biscuits

Wednesday – Chicken And Rice Soup, Cream Of Broccoli, Chili

Team Dragons slay paintball competition



LANCE CHL. JOHN S. RAFOSS
Combat Correspondent

A Marine dashes out of his bunker under cover from his buddy. He then maneuvers through hails of oncoming rounds of paint, dodging the rounds like in the movies. With no other option, the Marine dives and begins to low crawl through blades of grass and finally advances to an auxiliary position. He then aims in on the enemy from a better angle.

Team Dragons shot out a victory during a four-man team PT paintball tournament, which is part of the presidential challenge, at the station paintball field July 22.

"The paintball event was a 15-minute total elimination tournament that consisted of having each player with only a limited amount of rounds," said Tracy Morgan, fitness coordinator. "All of the gear and paintballs were provided for free to players that participated in the event."

The competition gave the winning team 20 points towards the president challenge, \$100 dollar party fund, and a first place trophy. Second place received a \$75 dollar party fund and a second place trophy.

The teams that were involved were, team Dragons representing Combat Service Support Detachment 36, team Crew representing Crash Crew Fire Rescue, Team MALS representing Marine Aviation Logistics Squadron 12 and team Rec representing Recovery. The competition was made up of a series of different matches. The first match was between team Dragons and team Mals, team Dragons came out on top winning the first match.

"One of our main strategies to winning was not to waste that much ammunition and just go for the kill," said Jose M. Ramirez, team Dragons player. "We wanted to save a lot of rounds because we only get 200 rounds of paintballs for each game."

The second match was comprised of Team Crew and Team Rec, team crew came out victorious.

"The way everyone played was very conservative," said Chad E. Tatom, team MALS player. "No one was really playing aggressive, however there was a lot of good strategy."

The final match was between team Dragon and team Crew. During this match team Dragons showed they really had what it took to win. In the last play team Dragons player Ramirez walked out in the middle of the field, sneaking behind the last crew player and shot him up with paint and won the game.

"The competition was really tight and competitive throughout the tournament," said Tracy. "However, the Dragons were really serious about coming out and winning."

"The tournament was awesome, I had a really great time," said Matthew W. Vierling, team Dragons captain. "There is nothing better than getting off work and playing paintball for free."

LEFT: Chad E. Tatom, Marine Aviation Logistics Squadron 12 player, shoots at a player from the Dragons. BELOW: Matthew W. Vierling, Dragons captain, takes cover in the prone position behind a bunker to take out his opponent.

