

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

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INSIDE...

Don't have "9 lives" to spare?

Station residents need to buckle up and take the precautionary measures for summer safety.



Page 6 & 7

Asian persuasion on Station

Station hosts Asian Pacific Heritage Month luncheon in Club Iwakuni Ballroom, May 25.

Page 8

Cardinals, Athletics shine in youth baseball

Marine Corps Community Services Youth Sports focuses more on teamwork and sportmanship than scoreboard.

Page 11



Memorial restoration; monumental success

LANCE CPT. MARK FAYLOGA
Combat Correspondent

Boy Scout Troop 77 honored our nation's veterans over the Memorial Day Weekend with a renovation of the Station Vietnam War Memorial located across the street from Crossroads.

During the renovation, the Scouts repainted the chipped and worn torii,

cleaned the area surrounding the memorial, wiped down and shined up the monument and placed American Flag's throughout the memorial.

"We had been looking for a project to do regarding the troops," said Lt. Cmdr. George N. Suther, Scoutmaster for Troop 77 and Station facilities officer. "We thought as a nice gesture for Memorial Day, we should spruce up the

memorial, clean it up and make it look better."

After hearing about the upcoming project, the Scouts were filled with excitement. Not only would it fulfill the service to community they each pledged as a part of their oath, but because they looked forward to honoring the veterans.

"When the Scouts heard about the project they thought it would be a great idea," said Suther. "Typically we just come out and clean it up, but this time we decided to take it a step further, repainting it and dressing it up and the scouts couldn't wait. They understood how special the project was."

The Scouts worked diligently on the renovation without any gripes or complaints. The only thing matching the new shine of the monument was the shining smiling faces present during the project. They all worked with a cheerful attitude knowing their work would not go unnoticed.

"I really wanted to come out here and clean this up," said James A. Hashman, 13. Hashman is a first class patrol leader for Troop 77. "It's a monument and it respects the ones who died for our country, so we should see SCOUTS Page 4



Lance Cpl. Mark Fayloga

Iwakuni Boy Scout Troop 77, is silhouetted by the sunset as they repaint the torii located at the Vietnam War Memorial, May 27. The Scouts renovated the monument to honor our veterans.

Iwakuni residents honor fallen Americans with Memorial Day Service

LANCE CPT. LUKAS BLOM
Combat Correspondent

A Memorial Day Ceremony was held at the Station Vietnam Memorial, May 27, to pay homage to our fallen brothers and sisters who paid the ultimate price while protecting the freedoms enjoyed by the citizens of the United States of America.

First held in May 1868, Memorial Day was created as a day to remember the fallen soldiers of the Civil War. During the first observance of the national holiday, May 30, 1868, flowers were placed on the graves of Union and Confederate soldiers alike. Although the South initially refused to recognize the holiday, honoring their dead on separate days until

after World War I, Memorial Day is currently a day to remember and pay respect to service members who have died in any war or conflict, not just the Civil War.

The ceremony commenced with Station Chaplain, Lt. Cmdr. Alfonso J. Concha, delivering the invocation.

"We gather on this Memorial Day to pay tribute to those men and women who have made the supreme sacrifice of life itself for the preservation of the freedom of our beloved nation," stated Concha. "On this day we remember their lives, their deeds and their deaths."

Following the chaplain's invocation, the Commanding Officer of Marine Corps Air Station Iwakuni, Col. Michael A. Dyer, addressed the small crowd of Marines, sailors and civilians.

Dyer spoke on how the traditions and purpose of

Memorial Day have become lost over the past decades.

"Traditional observances of Memorial Day have diminished over the years," said Dyer. "Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored and neglected."

In his closing remarks, Dyer had one request of the small audience.

"I ask that you, in addition to remembering our fallen comrades, remember our present-day soldiers, sailors, airmen and civilians who are in foreign lands in service of our country," said Dyer referring to the see MEMORIAL Page 5

U.S. mint strikes Marine Corps commemorative silver dollar in honor of 230th birthday

AMERICAN FORCES PRESS SERVICE

WASHINGTON – The U.S. Mint at Philadelphia celebrated National Military Appreciation Month May 25 with the ceremonial strike of a new commemorative coin, the 2005 Marine Corps 230th Anniversary Silver Dollar.

Current and former Marines cheered as Director Henrietta Holsman Fore and other dignitaries struck the coins in the Proof Room where the silver dollar will be produced. The official launch of the

Marine Corps 230th Anniversary Silver Dollar will be at Marine Corps Base Quantico, Va., on July 20, U.S. Mint officials said.

This is the first time the United States has honored a branch of the military with a commemorative coin, according to information provided by the Mint. Surcharges from the sale of 2005 Marine Corps 230th Anniversary Silver Dollars will be paid to the Marine Corps Heritage Foundation to help construct

the National Museum of the Marine Corps in Quantico.

The obverse, or "heads" side, design of the coin features the raising of the American flag at Iwo Jima from the famous photograph by Joe Rosenthal during World War II. On the reverse, "tails" side, is the Marine Corps eagle, globe and anchor emblem and motto, "Semper Fidelis" - Latin for "always faithful."

"The coin design is simple and

heroic," Fore commented at the ceremony. "The Iwo Jima image is the storied symbol of the Marine Corps heroism, courage, strength and versatility. It exemplifies Semper Fidelis to an appreciative nation every day around the world."

"We are honored to be the first military service to receive a commemorative coin issued by the United States Mint. And we are pleased see SILVER DOLLAR Page 4


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Chaplain's Corner: Time for everything!

LT. CMDR. AL CONCHA
Station Chaplain

During the summer time, much emphasis is given to the topic of safety. Importance is placed on choosing a 'proper time' to ensure safety during any particular activity.

Have you ever heard the words, "there is time for everything?" You may recognize them from somewhere in the past. Did a poet or a philosopher write them years ago? The more you search, the better chance you have to find the proper answer.

"There is an appointed time for everything, and a time for every affair under the heavens". This section is written in the Bible, Book of Ecclesiastes Chapter 3, Verse 1.

The title Ecclesiastes is the Greek translation of the Hebrew word *Qohelet* meaning, perhaps, 'one who convokes an assembly.'

The book, however, does not consist of public addresses, but it is a treatise, more or less logically developed, on the vanity of all things.

In this very fast kind of world we expect everything to be done at once and to be completed as of 'yesterday'. We seem to rush everything in order to accomplish something "on time." Well, the Old Testament writer may give us guidance on how to use the time at best.

There is an appointed time for everything, and a time for every affair under the heavens. If this statement is correct, safety will be the obvious consequence.

"A time to be born, and a time to die. A time to weep, and a time to laugh; a time to mourn, and a time to dance. A time to seek, and a time to lose; a time to keep, and a time to cast away". (V 3-8).

"There is not enough time to do everything," is a daily comment. Time seems to be a precious gift that we need to use properly. Perhaps, we need to look for priorities. What is the best priority in my schedule of activities? Is it a time for my family or myself? Is it the

time to the Lord, the source of all time? Is it a time to help others?

Let's make this summer the safest time in our daily lives. In whatever activity or project you or your family and friends may get into, keep in mind that there time for everything, and a time for every affair under heavens. We may not accomplish everything at once but we may do one thing at a time and do it well.

Enjoy summer time and take care of those who need it most including your families, friends and yourself. By the way, the summer schedules for worship services or chaplains' assistance remain the same. We wish to offer you a best 'time' for your personal and spiritual needs. Keep in mind that we cannot take vacation from the Lord.

Don't be surprised if you see your chaplains and religious program specialists joining you in shopping, picnicking, swimming, running, praying, etc. There is an appointed time for everything. Enjoy it and have a safe summer!

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

This week's column is commonly asked questions of the Branch Health Clinic. Lt. Cmdr. Lukehart, Branch Health Clinic, answers the following questions.

1. How do I make an appointment at the Family Practice Clinic?

To make an appointment for the Family Practice Clinic, one should call the Family Practice at 253-3445 or 253-3438.

2. What is the average wait time at the Family Practice Clinic?

Average waiting time once checked into the Family Practice clinic varies anywhere from 0 - 20 minutes. The average waiting time to obtain an appointment for a routine or acute care type of appointment is less than one day.

With the recent implementation of "Open Access" appointments, the concept is that we will see the patient on that very same day they call for an appointment. There is no longer a waiting time to be seen for routine and acute care needs.

3. What are the procedures for seeing a specialist?

Specialty services such as Ears, Nose and Throat, Obstetrics and Gynecology, Ophthalmology, Orthopedics, Neurology and Urology are provided by Yokosuka Naval Hospital.

These specialists often make trips to the Branch Clinics anywhere from three to four times a year. In order to see a specialist, a patient must have their healthcare provider place a specialty consult to the Yokosuka specialist and the specialists will review the consult and collaborate with the patient's healthcare provider in order to seek the best treatment for the patient.

4. What do I do if I cannot make my appointment?

see INSPECTOR Page 5

CHATTERBOX

"House republicans abandoned their own plan to curb the role of women in combat zones after it ran into opposition from the Pentagon and lawmakers from both parties. The issue of women in combat has long been a controversial subject. So we went out and asked the people, who the possible law would affect most, the burning question..."

Should women be allowed to serve in combat roles?



First Sgt.
Fernando
O. Cabral
Pawtucket,
R.I.

"Yes. Female Marines are an equal part of the Marine Corps and should not be segregated in mission accomplishment. They have proven themselves to be able to operate in diverse situations."



Lance Cpl.
Latoya K.
Thompson
Greensboro,
N.C.

"Yes, because we can do any task as well as any male can. The Marine Corps is an equal opportunity employer. Every Marine is a rifleman, male or female."



Lance
Cpl. Tyler
J. Corwin
Seattle

"No, because a man's instinct to protect a woman is too strong. It would compromise the mission."



1st Lt.
Catherine
P. Mee
Raleigh,
N.C.

"Yes, women have been successfully serving in combat service support roles for over 40 years. If women are mentally and physically capable of performing the job, they should be allowed to do so."

New law to affect SGLI Payments, Premiums

DONNA MILLS
American Forces Press Service

WASHINGTON – Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Service members' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct

results of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

Service members enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 — will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 increments, but as of Sept. 1,

the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses, and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

Commissary benefits all residents with savings

LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

The Station Commissary hosted an event to inform single Marines and everyone who doesn't take advantage of the grocery store what it has to offer — savings.

According to Kalani Patseo, Commissary retail manager, members of the Armed Forces tend to think commissaries are biased to married spouses. The month of May, as Commissary Awareness Month, gives stores the opportunity to inform Station residents it is a facility for everyone to take advantage.

"Shopping at the commissary will save anybody, single Marines, an average of 30 percent or more," said Patseo. "Officials have calculated a family of four can save about \$2,700 annually."

Although 20 percent of the participants had never even walked into the Station Commissary, those who had understand the stores main purpose, to save service members money.

"This event was a good chance to get single Marines and really everyone who doesn't utilize the commissary back to enjoy its benefits," said Patseo.

During the event, Patseo gave guests a tour of the special things the commissary offers and samples of the food. "We have a full-line deli, rotisserie chicken and a sandwich stand during lunch time," said Patseo. "If you compare the prices to what people pay at the club or any of the fast food chains you will notice that it is a lot cheaper shopping here at the commissary."

The rotisserie chicken, although it may be a new commodity at the commissary, has been a big hit. "I've had a number of those chickens," said Air Force Tech Sgt. Chris Valgardson, Headquarters and Headquarters Squadron communications controller. "You can't go wrong with one of those for dinner."

Breakfast, lunch or dinner, the Commissary has everything from pigs' feet to crab legs. If they don't have what you desire there is no need to go home



Lance Cpl. Cristin K. Barter

Air Force Tech Sgt. Chris Valgardson, Headquarters and Headquarters Squadron communications controller, takes a bite-size sandwich during the Commissary Awareness Month event. The Station Commissary offers a sandwich stand during lunch hours for everyone to enjoy.

unsatisfied. Talk to an employee and ask to see if they can get that product on their shelves.

"We at the commissary believe that we are not getting taken advantage of," Patseo said. "We want people to take advantage of us, shop the sales and save money."

NEWS BRIEFS

MOBILE MAMMOGRAPHY VISIT

The Mobile Mammography Van will be at the Branch Health Clinic June 20-24. Patients desiring an appointment are encouraged to make an appointment with their primary care manager by calling 253-3445.

PEST CONTROL SCHEDULED

Station pest control will be spraying for mosquitoes, June 6, starting at 7:30 p.m. Monzen Family Housing Area will be the only area sprayed at this time. As a precaution, please make sure all the windows are closed and all children and pets are inside. For more information contact the Station Housing Office at 253-5541.

CLASS OF '05 GRADUATION

The Matthew C. Perry class of 2005 graduation ceremony will be held at the Sakura Theater here, June 15. The ceremony will begin at 4 p.m. and is scheduled to last until 6 p.m. All Station residents are welcome to attend the ceremony and congratulate the newest Samurai graduates.

WARRIOR APPRECIATION DINNER

Marines and sailors returning from combat areas will be recognized tonight for their service during a Warrior Appreciation Dinner. The dinner will be held in the Club Iwakuni Ballroom and includes a social, speakers and an evening meal. For more information about this particular event, call 253-5762.

M.C. Perry recognizes efforts of Motor T

LANCE CL. LUKAS J. BLOM
Combat Correspondent

Matthew C. Perry High School presented the Station Motor Transportation department with a plaque for the safe and steadfast transportation service they provide to the Samurai students and faculty throughout the school year, May 18.

"We run kids from Iwakuni to Sasebo, all the way to Tokyo, weekly," said Kevin O'Brien, M.C. Perry assistant principal. "The Station Motor T department has been really amazing in delivering all the students to their various destinations safely and timely."

Throughout the course of the 2004-2005 school year, the Station Motor Transport office escorted Samurai students and faculty on more than 160 field trips and logged in more than 36,800 miles.

Although the past year has been a shining success for both organiza-

tions, relations between the two were not always quite so rewarding.

"In the past three or four years, the relationship between M.C. Perry and Motor T wasn't the best," said Chief Warrant Officer Justice M. Lasyone, Station Motor Transport officer. "We didn't have the best communication with each other and there was basically just a lot of tension in the air."

With both sides recognizing the less than ideal relationship, they figured out a solution; increase communication and prepare for more hours and harder work.

"In the last year, things have really turned around thanks to the willingness of our Japanese drivers," said Lasyone. "Their flexibility and dedication has really proven to be the difference. Without them, I'm not sure if we would be receiving this award."

Seeing the commitment in the Motor Transport personnel, M.C. Perry also began increasing their

efforts to improve the growing relationship.

"Mr. O'Brien has been a driving force behind the success of the past year," said Lasyone.

"He's great at communicating what the school needs, and if there's a schedule change he contacts us right away so that we will be able to make the appropriate adjustments."

After presenting the plaque to the Station Motor Transport, O'Brien invited all the drivers, mechanics and personnel to enjoy a cafeteria lunch of

pizza and chicken nuggets.

"The visit was fun," said O'Brien. "Having the guys over here and being able to recognize them for what they do feels really good. Our students, parents, teachers and coaches really appreciate all their efforts."



Lance Cpl. Lukas J. Blom

Chief Petty Officer Scott C. Baker, Station Motor Transport operations chief, hangs the plaque which was presented by Matthew C. Perry High School for Motor T's dedicated service to the school.

Marine receives support from second graders

LANCE CL. CRISTIN K. BARTTER
Combat Correspondent

Members of the armed forces have millions of supporters from around the world, thankful for the troops who protect our country. Troops away from home receive care packages and letters not only from their families and loved ones, but from people they have never met or heard of. And it's not just troops who are serving in combat zones who are the beneficiaries of these tokens of appreciation.

One of the Station's finest, Lance Cpl. Casey Palka, Marine Fighter Attack Squadron 212, aviation mechanic, and Michigan native, has been a recent recipient of civilian appreciation and support.

Palka has received over 50 "thank you" letters, e-mails, and phone calls from second graders at Nowlin Elementary School in Dearborn, Michigan. Particularly meaningful for Palka is the fact that this is the same Elementary school he attended as a child. It all started as a class project.

"Mrs. Theresa Bungee wanted to give her students an opportunity to write to a member of the armed forces, which could also be incorporated with their studies of Japan," explained Denise Palka, Casey's mother. Denise also happens to be a member of the Michigan Military Moms. "She, (Bungee) asked me if Casey would mind getting a bunch of letters from second graders. I knew that he wouldn't have a problem with it."

Each child in Bungee's class wrote a letter to Casey and drew a picture on the back of it with

crayons. The letters, along with some goodies for him to enjoy, were sent to Casey; a special care package filled with thanks.

"The students are thrilled to be communicating with someone who is actually protecting the country they live in," said Bungee. "They are a patriotic group. They love singing our national anthem and ask to do so daily. They look up to Casey as a role model. We discuss what an important job he and other service people have. They also enjoy talking and writing to someone who is in another country. At the same time we are reinforcing geography."

When he received the care package, Casey was overwhelmed. "I really didn't know what to expect from the kids," Casey said. "I just started going through every letter and could tell that each and every one of them put a lot of effort into their letters, and were, most of all, thankful for my service in the Corps."

One of the numerous letters Casey received reads: Dear Casey,

My name is Devin and I am in 2nd grade. Thank you for protecting our country. I am from Nowlin School. What food do you eat in Japan? Do you



Photo provided by Nowlin Elementary School

Joey Horton, a second grader at Nowlin Elementary School in Dearborn, Mich., scribbles a "thank you" letter to Lance Cpl. Casey Palka, Marine Fighter Attack Squadron 212.

carry a big gun? I hope you will visit us. When I grow up, I am going to be a Marine. When will you be coming back to America? I hope you will be careful.

On the back of the letter was a detailed drawing of the American flag, each star drawn with precision and detail. "Casey is a Marine and I think that's really cool," said Mackenzie Keating, second grade student.

"Casey has a really cool job," added Scotty Mattern, fellow student. "He sleeps when we're awake and we sleep when he's awake. I think it would be hard to be so far away from home though."

This small project has had such an influence on the students in Bungee's class that they now have a "Casey's Corner" in their classroom. It consists of a map of Japan, an 8x10 photograph of Casey in his dress blues and a patch he wore on his uniform that he sent to the class.

"They find it so cool to know a Marine who serves his country," Casey said. "What can I say, I am a role model for seven and eight year olds, and I am thankful for my 23 new friends."

Five Marines save Station resident

LANCE CL. CRISTIN K. BARTTER
Combat Correspondent

The air is crisp and clean. With each step the human soul gets closer to being at one with nature. Surrounded by trees and foliage, the humidity becomes a blanket as beads of sweat roll down your forehead and break in the eyes, filling them with salty dirt. The terrain is harsh and unforgiving. It is a battle between man and nature, one miss-step and the mountain wins. For one unlucky Station resident, the mountain did.

Scott Rich, Semper Fit Outdoor Recreation manager, organized a trip to Three Peaks for five Marines to enjoy on May 7. He wasn't expecting to be carried down the mountain and return from the trip broken and unable to walk.

The six hikers, Gunnery Sgt. Richard E. Henry Jr., Marine Aviation Logistics Squadron 12 main production control staff noncommissioned officer in charge, Sgt. Justin A. Wells, MALS-12 work center 440 supervisor, Sgts. Jason D. Graul and Keith R. Brown, MALS-12 nondestructive

inspection technicians, Cpl. Oscar Tovar, MALS-12 electronics countermeasures technician, and Rich arrived at Three Peaks at approximately 8:45 a.m. and were given until 2:00 p.m. to hike the trails they desired. At the bottom of Three Peaks there were two paths for them to choose from, trail A and trail B. For their first hike they went up the B trail.

"We got to the top of trail B pretty fast, so we decided to go down and try out the other trail, thinking it would be easier and take less time," said Henry. "We came to find out the A trail was significantly more difficult than the B trail. It was much steeper and the terrain was pretty rough."

Reaching the top of trail A was an accomplishment for the six hikers. Instead of going back down immediately, they stayed on top of the

mountain for a while to soak in the fresh air and view.

"It had rained the day before, but there was very little haze out," said Henry. "The view was breathtaking. You could see the ocean and islands which were miles away."

As they headed down the mountain, Henry visually checked to make sure that everyone was ready to descend. "Everyone looked fine," said Henry. "I didn't think we would have any problems."

The hikers moved down the mountain like ants in a single file line. Each person watched where the hiker in front of him stepped to make sure it was safe.

"Everything was going at a steady pace on the way down when all of a sudden I heard a holler from Rich, who was behind me. I turned around quickly to see what was wrong when I saw him land from a hard fall," said Henry. "I knew he had broken something, because his body was so contorted. We asked him what was wrong and he told us it was his left ankle."

Tovar saw Rich take the hard fall, "I saw him fall and saw his ankle bulge out of his sock. I knew we had to take him where he would receive medical treatment."

"On the way down trail A, we were hiking down a waterfall and I twisted my ankle. It was minor, but it loosened up my ligaments enough to raise the possibility for me to twist it again. As we got further down the trail I stepped on a root and because my legs were so tired from hiking my ankle rolled inward and I felt it snap as I went straight to the ground," said Rich.

After establishing the fact that his ankle was immobile, the Marines starting working together to get Rich down the mountain without injuring his ankle further.

"I tried standing on it at first but I couldn't put any weight on it so we needed to figure out another way to



Photo by Gunnery Sgt. Richard E. Henry Jr.

Scott Rich, Semper Fit Outdoor Recreation manager, smiles for the camera as Cpl. Oscar Tovar, Marines Aviation Logistics Squadron 12 electronic countermeasures technician and Sgt Keith R. Brown, MALS-12 nondestructive inspection technician, carry him to the base of the Three Peaks.

get me down," said Rich.

"We just started moving in high gears, taking his (Rich's) pack and the people who would be assisting him at the time," said Henry. "It was a very slow process. We used three techniques to help him down the mountain. We would have him hold on to two of us and hobble along, or two people would interlock arms and he would sit down while we would move down the mountain. When the trail got too steep, one of us would fireman carry him."

"They were all so tired from hiking up two peaks and yet they carried me down the rest of the mountain," said Rich.

Once they reached the bottom, Rich was taken to Branch Health Clinic. After a number of X-rays, Rich found out that he had severely broken his ankle and would need a plate and seven pins to heal it correctly.

"I can't say enough good things about the guys who assisted me down the mountain and the medical person-

nel at BHC," said Rich with his leg propped up, molded in a motivated camouflage cast. "Even after I was dropped off at the hospital, the hikers were really concerned about my health and kept in touch with me to see if there was anything else they could do."

"It felt good knowing that I was helping this person," said Tovar. "There was no way we were going to leave him there. So, we picked him up, applied our survival training skills and carried him to safety."

Hikers need to take the precautionary measures necessary to protect themselves from injuries. "Always wear proper footwear with ankle supports when you go hiking," said Rich. "I was anticipating an easy hike so I wore tennis shoes, which was a bad idea. If you have a minor sprained ankle or you twist it, be aware that you have just increased your chances of a more severe injury. Last of all, never go hiking alone."

SCOUTS from Page 1

respect it like we do them."

As the Scouts began their work on a late Friday afternoon, passing cars and pedestrians would slow to examine the work. It was the exact reaction the scouts were hoping for.

"Before the renovation most people would walk by and just see another torii," said Neil E. Suther, 16. Suther is the senior patrol leader for Troop 77. "Now that the memorial is cleaned up and we've decorated it a little more, I'm hoping more people will realize what it stands for and will begin to respect it more."

INSPECTOR from Page 2

If an active duty member misses an appointment, then a letter is forwarded to that member's command informing the commanding officer that this individual was a "no show" for their reserved appointment time.

The clinic highly encourages individuals who know they will not be attending their scheduled appointment to please call the clinic and cancel so the appointment slot can be re-released so it may be available for another individual to utilize.

SILVER DOLLAR from Page 1

that proceeds from this coin will help build the Marine Corps National Museum in Quantico," said Marine Corps Assistant Commandant Gen. William L. Nyland. "I can think of no better way to honor our Marine men and women than to capture the proud history and heritage of the Marine Corps in a museum that will forever educate visitors from around the world about the role the Marines have played throughout world history, and will continue to play in the future."

For more information, please visit www.usmint.gov. For digital photographs of the 2005 Marine Corps 230th Anniversary Silver Dollar, please visit http://www.usmint.gov/mint_programs/commemoratives/index.cfm?action=Marine.



American Forces Press Service

The Marine Corps 230th Anniversary Silver Dollar represents the first time the United States has honored a branch of the military with a commemorative coin.

MEMORIAL from Page 1

hundreds of thousands of Americans currently entrenched in the War on Terror. "We can read and hear sad news each day of more of our fallen heroes, but we know these fine Americans. They are our brothers and sisters, our sons and daughters and some of our closest friends. They lay their lives on the line each day so that we all may bask in the very freedoms for which they fight."

Following the commanding officer's speech, the Station color guard presented the Marine Corps colors and the National ensign in reverence of the fallen American heroes. Three shots were also fired by the seven-man rifle squad, representing a 21-gun salute.

Closing the ceremony, Concha addressed the crowd of service members and civilians and offered the closing prayer. Poignant and appropriate, Concha chose to recite the Marine's Prayer to pay one last honor to the fallen.

"God bless you all and God bless the United States of America."

STATION RESIDENTS

SUITS UP

FOR SUMMER SAFETY

STORY BY
LANCE CL. LUKAS J. BLUM
Combat Correspondent

The cold winter is gone, spring-cleaning is finally finished, now it's time to relax and let loose for a worry free summer and just enjoy the fun in the sun, right?

As plans are being made for summer vacations and leisurely weekend camping trips on the banks of one of Japan's many rivers, Station residents should be making arrangements with one main focus other than fun, safety.

"Every year, this is the time of year when we take time to relax and spend time with our families. Unfortunately, we also often times relax our guard," said Lt. Col. James C. Stewart, Headquarters and Headquarters Squadron commanding officer, during the Summer Safety Stand-down at the Station Chapel, May 25.

To combat this potential problem the Station Safety Center provided Summer Safety Stand-downs for all Station personnel in an effort to equip them with all necessary knowledge to have a safe, enjoyable summer.

"Safety is not just about numbers and statistics; those numbers represent someone's life," said Richard Perry, Station safety officer. Although numerous subjects were discussed

during the Stand-down, emphasis was brought upon water safety and heat injuries during the 101 days of summer.

"Many people see smooth running water on the surface, but what they don't realize is that there are strong currents under the surface that can carry a lot of debris and floods," said Perry. "Your best bet is if you see some Japanese locals avoiding certain activities or areas, there is probably a very good reason why. When in Rome do as the Romans, when in Japan do as the Japanese."

"The biggest problems arise when people lack knowledge on the water hazards in the area they are at or they participate in risky behavior," said Sean G. KimHan, Station safety specialist. "Never use drugs or alcohol while swimming, when you mix water and alcohol there can be deadly consequences. You should always enter the water feet first and always make sure to swim where lifeguards are present."

Station residents are also able to enjoy other water activities than swimming, but safety must



always be emphasized in all water activities. Station Marina and IronWorks Gym Outdoor recreation also offer canoe, kayak, waverunner, sailboat and

pontoon rentals for Station residents to enjoy the water from another aspect.

Safety videos and written tests are required to operate any of the vessels. In addition, all occupants must be wearing life preservers and helmets on the waverunners

and kayaks.

Along with all the fun outdoor activities that summer brings with it, high temperatures and more hours of sunshine present numerous health risks to Station residents; heat cramps, heat exhaustion, heat stroke, dehydration and sunburn.

"It's very hot and humid during the summer months in Japan," said

Billie Scott, Marine Corps Community Services Semper Fit health promotions director. "People should be wearing appropriate clothing, using sunscreen on exposed areas and limiting the amount of time they spend in the sun. Another huge factor in staying healthy over the summer months is to keep a healthy diet and exercise regularly."

Along with safety issues specific to the summer months, residents were also briefed on traffic safety and Status of Forces Agreement regulations.

"Anybody who tells you that seat belts don't

Because of Japan's rough terrain, local rivers swell substantially after a rainstorm or typhoon, making swimming a far more hazardous activity.

The left photograph shows the normal water level of a local river, the image on the right depicts the dramatic increase in water level after a rainstorm. The heightened water levels present many hidden hazards; faster currents, countless pieces of hazardous debris and hidden rocks and boulders.

The Station Safety Office discourages residents from swimming in rivers after a rainfall.

save lives is lying to you," said Cpl. Forrest K. Winter, Provost Marshal's Office accident investigator.

As well as offering this knowledge to Station residents, the Safety Office has scheduled an Operational Risk Management class in Japanese for Major Labor Contract and Independent Hire Agreement employees. The Japanese ORM course will be offered three times per month during the months of June through August at the Station Safety Center.

"We're not here to tell you what you should or shouldn't or can or can't do, but I do want you to practice a little Operational Risk Management before you go out," said KimHan.

Translation of this story found on page 10.
本文記事の日本語訳は10ページをご覧ください。

Summer invites Japan's pesky critters

Interesting facts about Japan's pests:

- Mosquitoes are born in standing water, mud, ponds, tin cans, under decks, puddles, old tires, etc.
- Worldwide there are approximately 3,300 species of mosquitoes.
- Only the female bites you because the beak on the male is not built in a way that it can bite you.
- Mosquitoes rarely travel farther than 300 feet from their birthplace.

• They like dark areas and will suck the juice out of plants in order to live – including tree leaves, grass, shrubs, etc.

- Spraying poisons kills adults present today, but more are born tomorrow and you must spray again tomorrow.
- The Mamushi and Yamakagashi are two of only five poisonous snakes that can be found in Japan.
- Mamushi's back is dark and reddish brown in color with a round platter-shaped design. The stomach is gray with white, lengthwise stripes.
- Yamakagashi's body color varies, but they are normally dark or greenish-brown. They have big, black patches on their necks, followed by irregular black patches with orange alternate markings along the first one-third of their body and averages up to three feet (.91 meters) in length.

WATER SAFETY QUIZ

1. Are personal flotation devices a substitute for parental supervision?

- A) Yes
- B) No

2. How far out is it safe to swim in the ocean?

- A) 100 yards
- B) Within shouting distance
- C) Within the lifeguard's field of sight

3. Why shouldn't you drink alcohol before going swimming?

- A) Because alcohol impairs judgement.
- B) Because alcohol lessens your ability to stay warm.
- C) Because alcohol decreases your coordination and balance.
- D) All of the above

4. While at the beach, you should drink a lot of...

- A) Water
- B) Alcohol
- C) Caffeinated Soda

5. Why should you not participate in water activities alone?

- A) You would have more fun with friends.
- B) It would be unsafe because no one could help if you had an accident.
- C) Neither of the above



1. The answer is B. While personal flotation devices (PFD) are generally safe, the pool is still a place where children must be supervised. For example, if the device suddenly shifts position, loses air, or slips out from underneath, the child is left in a dangerous situation. A PFD is not a replacement for parental supervision.

2. The answer is C. It is only safe to swim within the lifeguard's field of vision. This will allow the lifeguard to see you if you are in danger, and he/she will come help you. If you are outside of the lifeguard's vision, there may not be a way for him/her to know that you are in danger; you will not always be able to shout and be heard in an emergency.

3. The answer is D. Drinking alcohol is dangerous because it impairs judgement, coordination, balance and your ability to stay warm. Each of these factors makes it unsafe to drink alcohol before swimming.

4. The answer is A. While at the beach, you should drink a lot of water. Drinking water replaces the fluids you lose when you sweat, and it cools your body down. While drinks with alcohol or caffeine may taste good and make you feel good briefly, they will make the heat's effects on your body worse. Also, alcohol will dehydrate you.

5. The answer is B. If you were alone and had an accident or were put in a dangerous situation, no one would be around to help you. This would be unsafe and could have serious consequences.

Nihongo de...

岩国基地住人が夏の安全知識を身に付ける

寒い冬が過ぎ、春の大掃除もようやく終わった。何の心配もせずにリラックスし、太陽の下でただ楽しむだけの夏がやってくる。

夏休みの計画や、のんびりした週末に日本の河原でキャンプをする計画を立てる場合、岩国基地住人は楽しみよりも別の点に焦点をあてて準備するべきである。それは安全である。

「毎年、この時期が我々がリラックスして家族と過ごすときである。不幸なことに、我々はしばしば警戒心を解いてしまう。」と 5月 25 日に岩国基地教会にて行われた夏前の安全講習会で、岩国基地司令部司令中隊長、ジェイムズ・C・ステュワート中佐は話した。

この潜在的な問題に取り組むため、岩国基地安全部は、岩国基地住人全員を対象とする夏の安全講習会を行った。この講習の目的は、基地住人に安全かつ楽しい夏を過ごすために必要な知識をすべて身に付けてもらうことである。

「安全とは単なる数字や統計ではない。これらの数字は人の命を表している。」と岩国基地安全担当官、リチャード・ベリー氏は話した。

安全講習中は多くのテーマについて話し合われたが、中でも、101 日間に及ぶ夏の間の水上安全と熱中症について強調された。

「表面で水がスムーズに流れているのを見ると、多くの人は表面で強いカレント（潮流）があることに気付かない。このカレント（潮流）は多くの土石や大水を運ぶほどの力がある。」とベリー氏は話す。「日本の地元の人がやっていない遊びや遊んでいる区域があれば、それには理由があるはずである。郷に入っては郷に従えというのが、日本では日本人のやるようにするべきだ。」

「自分のいる場所の水上危険地帯を知らなかったり、危険な行動をとった時に最大の問題が発生する。」と、岩国基地、安全専門官のショーン・G・キムハン氏は話す。「水泳中は薬物やアルコールの摂取は絶対にしないこと。水とアルコールが混ざると、致命的な結果を引き起こすことがある。水に入るときは必ず足から最初に入り、ライフガードがいるのを確認してから泳ぐこと。」

夏の野外での遊びに加えて、高い気温と長い日照時間は多くの健康上のリスクを引き起こす。熱痙攣、熱中症、熱射病、脱水症、日焼けなどである。

「日本の夏は大変暑く、湿度が多い。」と岩国基地、MCCS センパーフィット、ヘルスプロモーション部部長のビリー・スコット氏は話す。「肌を露出している部分には日焼け止めを塗り、適切な服を着て、太陽の下で過ごすのは限られた時間だけにすべきである。夏の間、健康に過ごすために必要なもう一つの大きな要素は、健康に良い食事をとり、定期的に運動することである。」

夏特有の問題以外にも、交通安全や日米地位協定の規則についての講習も行われた。

「シートベルトでは命は救えないという人がいたら、その人は嘘をついている。」と憲兵隊、事故調査担当のフォレスト・K・ウィンター伍長は話す。

このような知識を岩国基地住人に提供するだけでなく、安全部は日本語での危機予知管理 (ORM) クラスを MLC や IHA 日本人従業員向けにも行っている。6月から 8月の間、日本語の ORM クラスは月に三回、安全部で行われる。

「安全部は、すべきこと、すべきでないこと、できること、できないことを皆さんに言うためにいるのではない。安全部は、皆さんが出かける前に、少しでも危機予知管理を実践してほしいと思っている。」とキムハン氏は話す。

本文は6〜7ページの記事の日本語版です。

Mess Hall Lunch Menus

Week Of June 6-10

Monday – Baked Chicken and Rice, Roast Turkey, Lyonnaise Green Beans, Mashed Potatoes, Peas and Carrots, Chicken Gravy, Hot Dinner Rolls
Tuesday – Chuck Wagon Stew, Cajun Catfish, Potatoes Au Gratin, Steamed Rice, Glazed Carrots,

Broccoli Combo, Cheese Biscuits
Wednesday – Chili Mac, Grilled Cheese, Tempura Fried Fish, Macaroni and Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas and Mushrooms, Dinner Roll
Thursday – Apple Glazed Corn Beef, Teriyaki

Chicken, Rissole Potatoes, Noodles Jefferson, Succotash, Fried Cabbage, Hot Mustard Sauce, Chicken Gravy
Friday – Crab Cakes, Chicken Vega, Parsley Butter Potatoes, Steamed Carrots, Corn on the Cob, Dinner Rolls, Steamed Rice



M. C. Perry School Lunch Menus

Week Of June 6-10

Monday – Soft Shell Taco with Cheese, Lettuce & Tomato, Spanish Rice, Chilled Peaches, Chocolate Cake, Milk
Tuesday – Hamburger on a Bun, Lettuce, Tomato & Pickles, Curly Fries, Awesome Applesauce, Rice Krispie Treat, Milk
Wednesday – Spaghetti with Meat Sauce, Garlic Bread, Sea-

soned Green Beans, Chilled Pears, Cookie, Milk
Thursday – Chicken Sandwich, Carrot & Celery Sticks, Ranch Dressing, Potato Wedges, Baked Beans, Fresh Fruit, Milk
Friday – Chicken Burrito, Lettuce & Tomato, Spanish Rice, Assorted Fruit Juice, Brownie, 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
 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

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

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

Kids learn life lessons through baseball

LANCE CPL. MARK FAYLOGA
Combat Correspondent

Two of Iwakuni's finest baseball teams, battled it out on the chalk diamond, May 26, when the Cardinals faced off against the Athletics in a youth sports 7 to 9-year-old regular season game.

The game featured big hits, great catches and tough competition, but lacked one major feature in sports; a scoreboard.

"We (Marine Corps Community Services Youth Sports) follow National Alliance for Youth Sports guidelines," said Jamie D. Buning, MCCS youth sports coordinator. "In leagues for children 10 and under, we concentrate more on teamwork and sportsmanship than we do on competition."

Through baseball coaches see the opportunity to, not only help their players increase their skills in the sport but also their skills in life.

"These kids are learning life skills,"

said Justice M. Lasyone, Cardinals head coach. "Through the sport they're learning discipline, cooperation, good sportsmanship, how to work as a team and make personal sacrifices for the good of all."

The fact that there is no score kept during the games, doesn't seem to bother the players. They enjoy everything they learn and to them it's all about having fun.

"I love playing because I like becoming friends with my teammates," said Eric K. Saiki, 9. Saiki is the Athletics shortstop. "This season has



Photos by Lance Cpl. Mark Fayloga

Michael Scott, 9, Iwakuni Athletics 3rd baseman, clobbers the pitch during a youth sports 7 to 9-year old regular season game against the Iwakuni Cardinals. Score isn't kept during youth sports games, so the players can concentrate on the fundamentals of the game.



ABOVE: Courtney Rose, 8, Cardinals pitcher, throws home during a game against the Athletics, May 26. RIGHT: Victoria Biggs, 8, Cardinals catcher, races toward first base, as two Athletics players scramble to recover her hit.



been great I love hitting the ball, catching pop flies and learning new stuff every week."

With the regular season coming to a close, players look forward to the upcoming All-Star League.

In the All-Star League players from the regular season will be selected to

compete and will form two teams to compete with 11 Japanese teams.

"I joined the league this year because I wanted to play on the All-Stars," said Saiko.

During the season the teams will conduct two home stays. A home stay consists of the players staying overnight with the opposite teams family. The home stay gives players the opportunity to see what its like in a Japanese household. The players will also host Japanese players in

their homes to show them an American household. Currently, youth sports is looking for volunteers to pitch in for the home stays. For information about volunteering for the home stays or to find out more about youth sports contact 253-3239.



The Iwakuni Athletics, pump themselves up for another inning, during a regular season game against the Iwakuni Cardinals at Penny Lake Field.

IWAKUNI SPORTS SCENE

FAMILY APPRECIATION DAYS

Saturday and June 18, 1-5 p.m. at the Bowling Center. All games are half price. Call 253-4657 for more details.

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 lose body fat, increase their physical 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 and attendance and progress tracking reports. Enrollment is open continuously. For details, call 253-5051.

SCUBA CLASSES

The Basic Open Water class is held on Mondays, lasting for seven days

and costs \$260. Sessions are held continuously through autumn. Advance sign-up is required. Gear rental is available for individual divers. Call the Scuba Locker at 253-6058 for details.

UNIT POKER RUN

June 10, 11 a.m. on the seawall, starting at the IronWorks Gym. Teams consist of five members. Each member of the team must complete the run in 25 minutes or less to receive a playing card. Each team must make a poker hand. The teams with the two best hands receive a trophy and money for their unit party fund. Sign up is not necessary. For details, call 253-6359.

INTRAMURAL SUMMER BASKETBALL

The season begins at the IronWorks Gym Sports Courts June 13. Games are held Monday, Tuesday, Wednesday and Friday, 6-8 p.m. Call 253-5777 for more information.

Recovery runs away with victory

STORY AND PHOTOS BY
LANCE CH. LUKAS J. BLOM
Combat Correspondent

Five teams of three athletes, representing their respective units, competed in the first-ever indoor triathlon, and third event of the 2005 President's Challenge, held at IronWorks Gym here, May 25.

With the closest team finishing nearly four minutes behind, the athletes of the aircraft recovery shop left their competition in their wake as they ran, swam and biked to the winners circle for the second event in a row.

The indoor trek consisted of a 200-meter swim in the IronWorks pool, five-mile bicycle journey on a stationary bike and a two-mile run on a treadmill.

"I think all the competitors were really surprised by how difficult the event actually was, because technically it was still a mini triathlon," said Tracy Morgan, Semper Fit athletics coordinator. "When you swim, bike and run with no break in between, it ends up being a pretty intense workout."

"This event was different from anything I've done before," said Scott P. Nickson, Recovery team captain. "Usually I just do a swim, a bike or a run by itself, but throwing it all together made it much more difficult."

After completing two full laps in the IronWorks pool, the competitors were rushed into the locker rooms to change over and move to the next leg of competition, a five-mile cycle.

"I felt like I was back in boot camp when I was changing over in the locker room, it almost seemed like a drill instructor was going to come over my shoulder and start counting me down," said Judith Willis, Marine Wing Support Squadron 171, S-4 team member.

Racing from the stationary bike to the treadmill, the athletes had only one event to either widen the lead or shorten the deficit. Unfortunately for the four other teams, running was the strongest event for the triathletes of Recovery.

Taking the first, second and third best times in the run portion, Recovery squashed all hopes of comeback for the other competitors.

Although the Recovery team won the entire event, they were only focused on one goal, beating their archrival, Crash Crew, in convincing fashion.



Lance Cpl. Lukas J. Blom

Judith Willis reaches for the water as she propels herself through the IronWorks Gym pool during the 200 meter swim portion of the Indoor triathlon, May 28.

"The reason why we're so much better than Crash Crew is because we do more by 8 a.m. Monday morning than they do in a whole week," said Nickson. "We do more than buff floors and wax trucks all day."

At the end of the event the Recovery team was awarded a check for \$100 from Marine Corps

Community Services, which will be put towards a party fund for their team.

"I'd definitely do another triathlon," said Willis. "It was a lot of fun and a pretty intense PT session. It will defiantly help my (Personal Fitness Test) score."



Marlon T. Porche races through the second phase of the indoor triathlon, the five-mile bike ride.



Station residents make a racket — Shawn Ryan (left) and Dan Reardon were the first and second place winners at the Marine Corps Air Station Iwakuni 2005 Intramural Spring Tennis Tournament, May 28-29. The 2-day event, hosted at the Station Tennis Courts, consisted of ten competitors who fought diligently for the first and second place trophies.