VOLUME 50 NUMBER 21

MARINE CORPS AIR STATION IWAKUNI, JAPAN

INSIDE...

A night to remember- Prom 05' Matthew C. Perry high school seniors walk the red carpet thanks to dedicated volunteers.

Page 4



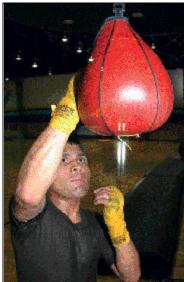
ebrate coming of summer season Thousands of locals gathered for Toukasan Festival hosted in Hiroshima city, June 3-5.

Page 8

Top Secret reveal plan for perfect season Top Secret fought galliantly to remain undefeated at Penny Lake Field, June 3.

Sgt. Robert Castillo, Marine Aviation Logistics Squadron 12 aviation clerk, trains with a speed bag in preperation for the to take up boxing, the sport that he tournaments where I got paid if I upcoming Conseil International du Sport Militaire world military boxing champion- the nation. ships in Pretoria, South Africa, June 29

Station resident represents Marine Corps, United States



Lance Cpl. Lukas Blom

LANCE CPL. LUKAS J. BLOM Combat Correspondent

Iwakuni's own will represent the more.' Air Station at the annual Conseil International du Sport Militaire world military boxing championships in Pretoria, South Africa, June 29 through July 5.

Sgt. Robert Castillo, Marine Aviation Logistics Squadron 12 his natural ability, if honed properly, aviation supply clerk, earned the right to represent the Marine 66 It's all about putting Corps and the United States at the world-wide competition after beating out all the competition during the Armed Forces Boxing Championships at Fort Huachuca, Ariz. earlier this year.

As a 14-year-old boy who consistently got in trouble for could help provide for his family, fighting in school, Castillo, sought out an outlet that would tame his aggressive warrior spirit.

Deciding to embrace his gift rather than deny it, Castillo decided is currently ranked number four in

to stay away from trouble," said the

wanted to fight in school, but when I started boxing I got disciplined and One of Marine Corps Air Station started respecting people a lot

Castillo soon found he was what most people call a "natural" at the fierce sport, capturing countless tournament victories and state championships.

Castillo quickly discovered that

your life in the ring. and I'm not afraid to do that.99

-Sgt. Robert Castillo MALS-12, aviation supply clerk

who moved to Florida from Mexico when Castillo was 10 years old.

"I was always winning and my family had no money and my parents were very poor, so I started entering won That's the first time I started thinking of the military," said the "I initially started boxing to try soft-spoken Castillo.

see Boxer Page 4

Residents living outside gate required to register

LANCE CH., LUKAS J. BLOM Combat Correspondent

Station personnel who reside outside the gates are required to register their are required to complete the registration the event of an emergency," according home with the Provost Marshal's Office **Emergency Communication Center and** Station Fire Department in order to be provided emergency services, according to Marine Corps Air Station Iwakuni Or-

All Department of Defense related and language barrier issues. personnel assigned to the Station, or ten"Registering off-station residences ant commands, including service memwith the ECC and Station Fire Departvehicles to be able to provide timely asbers, DoD civilians and family members ment affords a more timely response in

Locating quarters aboard the Air Staemergency responders, whereas locat- copy of the completed and signed lease, and Fire Department. ing quarters in the surrounding commudeed or rental agreement. The signed nity often involves detailed instructions contract should be accompanied by a

to Order 11000 5B

The free registration is completed by

map of the surrounding area, with land marks noted, in order for emergency sistance in case of an emergency.

Once the necessary paperwork is provided to the Housing Office, the residence will be assigned a four-digit tion is a relatively simple process for providing the Station Housing Office a code that will be filed with Station PMO

"When we (PMO and Fire Depart-

Reenlistment clock winding down for first-term Marines

LANCE CH., MARK FAYLOGA Combat Correspondent

Time is running out, and with each tick of the clock a Marine comes closer to losing his choice of duty sta- and you reenlist after July 1, you're already behind the can make the difference between keeping your MOS tion, military occupational specialty or even the chance to remain a Marine.

The opportunity to reenlist for Marines whose contract ends between Oct. 1, 2005 and Sept. 30, 2005 is submit your package the more likely you are to get on lat moving," said Mix currently open, but in the competitive world of the what you want.'

Marine Corps, all first-term Marines are highly encourted by July 1.

power curve," said Gunnery Sgt. Ronald Mix, Station or lateral moving. career retention specialist. "Headquarters Marine Corps

There is more competition to reenlist among FTAP aged to have their paperwork for reenlistment submit- Marines than the second term and third term reenlistments. For Marines who are in a smaller MOS the com-"If you're a Marine in the first-term alignment plan petition is even fiercer so submitting a package early

"In a tighter MOS, like admin or postal, if they operate on a first come first serve basis, the earlier you don't submit their package by the first they should plan

see REENLISTMENT Page 5



Lovii Teller

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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 ehercherdi@iwakuni. usmc.mil or coakleylj@ iwakuni.usmc.mil.

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Chaplain's Corner: Random acts

LT.S TEPHEN M. COATES Headquarters and Headquarters Squadron Chaplain

Imagine I am giving a brief at a safety stand down. Halfway through my talk, I say, "I encourage each of you to practice random acts of terror and senseless motions of vulgarity." Obviously, it would be my last brief as a Chaplain. But I could protest, "I am not asking the Marines and Sailors to be persons of consistent violence or impropriety. I am just encouraging them to be random. Indiscriminate crudeness and arbitrary acts of cruelty are isolated events. They say nothing about the whole of reality." It would still be my last brief.

What if I would adjust my words slightly? "Practice random acts of kindness and senseless acts of beauty." A believe there is a transcendent truth to few people might throw up but my job would be secure. Why? If words and If there is no order and transcendent

actions are random and senseless, does it really matter what the actions are?

Some might object that I am needlessly attacking a popular phrase that has truly inspired people to goodwill. Why is the chaplain knocking something harmless and potentially good?

This morning, I read again the words of Job a man familiar with suffering and despair. As he listened to his friends blather, he challenged them with this question "Does not the ear test words as the tongue tastes food?" Yes, words are to be tested.

I think kindness is preferable to terror and beauty more worthwhile than vulgarity. The basis for my opinion is well, "Practice routinely purposeful not in their isolation or randomness but precisely because of their relationship to beauty." Those words can be tested with the bigger picture of ultimate reality. I the ear and found truly meaningful. which kindness and beauty correspond.

truth, if kindness and beauty are random aberrations in a world of chaos and meaninglessness, then I am justified in substituting terror and vulgarity in their

How do you practice that which is random? In battle, random fire may hit you but that hardly justifies adopting random shooting as Marine Corps policy for training recruits on the rifle range. Practice implies purpose and direction. Beauty implies meaning. It is transcendent truth that affirms the goodness of kindness and beauty while negating the random and senseless practice of them. Dallas Willard has reframed the quote kindnesses and intelligent acts of

I have placed the words of this article in a particular order. My editorials see RANDOM Page 3

Ask the Inspector 3. Can you tell me about your staff? The Youth & Teen Center staff ar

Maj. Matthew D. Razvillas Station Inspector

1. What is the mission of the Youth & Teen Center?

The mission of the Youth & Teen Center is to provide a positive, alternate, support environment that enhances the social, emotional, and developmental learning skills of our vouth for success in life.

participants' attendance and accepts custodial responsibility for the youth during the program.

2. What are the hours of operation?

Monday through Thursday, 12-9 p.m., Friday and Saturday, 12-11 p.m., and Sunday, 12-5 p.m. Preteens hours are Monday through Friday, 2:30-5 p.m., Saturday and Sunday,

Operational hours may vary with program site and location as well as local school schedules. We are closed four days of the year, New Years Day, Friendship Day, Thanksgiving Day and Christmas Day.

The Youth & Teen Center staff are required to have a background check as well as attend training that include: first aid, CPR, food sanitation, & bloodborn/airborn pathogens. The staff-to-child ratio is maintained at 25 youth to one em-

Ratios on field trips will be maintained at 10 youth to one employee. A minimum of two staff (or volunteers with completed background checks) must be on hand while youth are

The program includes an element of accountability for the 4. What do we need to do as parents to get membership?

All youths must be registered to attend the Youth and Teen Center. Registration is taken at the Children Youth and Teen Branch office, and the Marine Corps Community Service Teen

Parent(s) should bring a picture identification card, current address, phone number and social security numbers for

A minimum of two emergency contacts is required including names and phone numbers. Children will not be admitted into the program until all registration information is complete. including emergency contacts. Parents or guardians must specify medical conditions; allergies and special needs must see Inspector Page 5

CHATTERBOX-

"It's here, after a yearlong bout with the dreaded disease- Senioritis, M.C. Perry seniors will receive the curegraduation. All the festivities have gotten the Teller staff reminiscing about the good old days, but one thing we all had in common was feeling like we could have done something different. After feeling sorry for ourselves, we thought we should feel sorry for someone else, so we're just wondering...'

What do you wish you would have done differently in high school?



brother."

Eric Ogden's funeral

and been there for his

Lt. Phillip T. Simpson

"I wish I would have had more money to pimp out my car, so that I could have gotten more girls."



"I wish I would have

taken advantage of the

during high school to

career."

save money and get a

head start on my college

local community college,

Elizabeth Vasquez Tacoma,

Lance Cpl Mike A. Grabowsky San Diego

studied more and gotten better grades, because it would have increased my chances of getting into college."

Girl Scout Troop 94 receives Junior Bronze Award

LANCE CH. LENDUS B. CASEY Combat Correspondent

Iwakuni Junior Girl Scout Troop 94 received the Junior Bronze Award during an award ceremony at the home of Lt. Col. Yori R. Escalante and his wife Missy A. Escalante Sunday.

The Junior Bronze Award is the highest award the Scouts can receive at the junior level, and they are the second troop ever to receive this award

"Our girls are so busy with school and church, receiving this award is a reflection of all their work and dedication," said Tara L. Rauenhorst, Troop 94 Co-Troop leader

"The Scouts worked from November to May and decided they wanted to earn this award from the very beginning," said Missy Escalante, Troop 94 Co-Troop leader

The Scouts had four steps to complete in the six-month project. First, they Finally, the Scouts took on the hardest

Books Badge and a Now-and-Then Stories Badge. They received these badges by working with Diane Dill, Matthew C. Perry Elementary School librarian.

Afterwards, the Scouts proceeded to complete the second part of their four-step process. This was earning their Sign of The Rainbow badge. In order to earn this the Scouts had to do community service projects totaling six

Junior Aid Patch or the Leadership Award. To earn the Leadership Award the Scouts worked with younger girl scouts to help them earn their own badge, said Raunhorst

"Even though some of the girls had the Junior Aid Patch already, they all received their Leadership Award " said Raunhorst

had to earn two badges, which were a part of their six- month project. The opportunity to trade in their old books,



The Scouts also had to earn a Tara L. Rauenhorst (Left) and Missy A. Escalante (Middle), Troop 94 co-troop leaders, award Scout member Jackie C. Manning (Right) a certificate for raising over a \$1,000 in donated cookies for the troops in Iraq and Afghanistan during the award ceremony Sunday.

> Scouts chose to do a service project through the elementary school library called Sammy the Samurai Book Swap.

Their goal was to allow students an

exciting books to read.

The Scouts sent out flyers at the school to inform the students that they could drop off their books at the library during the school carnival and would receive a trade coupon for "swap books" to redeem at the carnival.

The success of the project was astounding with a total of 800 books brought in, 780 of those books were successfully swapped out, according to Raunhorst.

"Only 20 books were left over and 12 of them were Japanese language books" said Raunhorst

The troop leaders commended all the Scouts during the award ceremony for everything they accomplished in those six months they spent earning the Junior Bronze Award.

"I was really proud of myself and my other girl scout troops for all the work they did," said Colleen C. Gannon,

'Statues of Servicemen' Immortalizes Fallen Troops

STEVEN DONALD SMITH

American Forces Press Service

WASHINGTON — A nationwide project is under way to pay lasting tribute to fallen servicemembers in their hometowns

The "Statues of Servicemen" campaign is an effort to immortalize every American service member killed in the war on terrorism by creating a bronze statue of their likeness. The statues will be placed in the hometowns of the fallen service members

"These statues will be placed in city and town halls and government buildings throughout the United States to memorialize the brave men and women who have given their lives in the war on terror" said Sam Patterson, national SOS project director.

The organization began in March 2004 as "Survivors of Servicemen," with the goal of bringing attention to the trauma inflicted on the families of those killed, and to highlight the financial distress faced by many military families

The group began selling "Wear Camo" wristbands to raise money for families who lost loved ones. The wristbands were so successful that they decided to use the proceeds to fund the statue campaign, Patterson

The first statue was unveiled in Shelbyville Tenn on April 22 with the bust of Marine Corps Pfc. Daniel McClenney. He was killed on June 24, 2004, when his unit was ambushed while patrolling Afghanistan's row by remembering and attempting to make tangible mountainous Konar province.

The ceremony took place at the Shelbyville Court

House, where the Nashville Marine Corps Reserve unit provided a 21-gun salute, and McClenney was post humously awarded the Silver Star.

McClenney's commanding officer, Lt. Col. Julian D. Alford, presented the medal to McClenney's father, Randy McClenney.

"His life was lived as an example of decency, and his death a costly price for freedom," Alford said. "His fellow Marines continue to feel his absence, and they will never be the same. But they are more committed to the causes of liberty?

"This medal means so much to me" Randy McClenney said. "It's something I can look at every day and think of my son."

Regarding the statue, Randy McClennev said, "I am sure my son would have been deeply touched by your gift to his family and the city of Shelbyville." The second statue, this one depicting Marine Capt, Brent Morel, was unveiled in Memphis, Tenn., on May 21.

Morel was killed in Iraq on April 7, 2004, when insurgents ambushed his platoon while they escorted a convoy in the Anbar province. He was awarded the Navy Cross and is nominated for the Medal of Honor.

"I know that what he was doing was noble and right. It was what he had been trained to do and something he chose to do," said Brent's father, Mike Morel. SOS is working with parents and spouses around the country to memorialize more troops.

"The human psyche is eased in times of deep sorlives that are lost," Alford said. "Memorials serve this purpose. Memorials make our remembrance palpable.'

News Briefs

M OBILE M AMMOGRAPHY 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.

LIBRARY MOVIE SWAP

Bring your already-watched videos and DVDs to the Station Library and swap them for movies that you haven't seen before. It will be on a "bring one, take one" basis. Call Belinda Pugh at 253-4607 if you have any

CLASS OF '05 GRADUATION

The Matthew C. Perry class of 2005 graduation ceremony will be held at the Sakura Theater here, Wednesday. 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.

MARINE MEMORIAL CHAPEL **EVENTS**

The Station Memorial Chapel will be hosting, a pre-marital workshop, July 13; two vacation Bible schools scheduled for July 11-15, "Safari Adventure: Know the King", and August 1-5, "J-Force: Discovering the Ultimate Truth" at 6-8 p.m. The CREDO Marriage Enrichment Retreat will be held at Nukui Springs Hotel and Resort Retreat, August 5-7, for couples who wish to improve their relationship. It is free for military and DoD members; space is limited.

are usually about five hundred words in length. If I chose the words at random and only assembled them in paragraphs to give the appearance of order, the editors would rightfully decline to print such garbage.

What if I would randomly inject a few meaningful words and place several particularly beautiful words at some point in the text? Would that add value to an article that is chaotic and utterly absurd? They might be very nice words with profound depth of meaning but that would not bring any order to the whole.

So go ahead - practice kindness and let your words and attitudes demonstrate beauty. There is an overall, governing basis for doing so. This same foundation compels us to the bear the burden and pay the tremendous price to fight asymmetric acts of terror.

PAGE4 TORII TELLER, JUNE 10, 2005 **FEATURE** TORII TELLER, JUNE 10, 2005 FEATURE PAGE5

Prom night a success because of volunteers

LANCE CH., CRISTIN K. BARTTER Combat Correspondent

Prom! It could very well compete as the most important day for any high school student. The night when young men in black suits and bow ties escort young women elegantly dressed in gowns to a night of music and manners. The room sparkles as the soft lights cast down onto one shiny eating utensil to the next glittery dress. It is a night of unforgettable memories: a night that could not be what it is without the help of volunteers.

Traditionally, every Prom has a theme for the night. The colors, decorations and atmosphere. revolve around it. This year, the theme for the Matthew C. Perry high school Prom, hosted in the Club Iwakuni Ballroom, Saturday, was "Serenade." The decorations consist of massive wooden music notes, silhouettes, a large wooden keyboard walkway, and an archway for photos.

These decorations were not bought for hundreds of dollars, they were provided by the volunteer work of one of the Station's carpenters, Gunnery Sgt. Johnnie Faniel, Marine Wing Support Squadron 171 training chief and engineer assistant. The school paid for the wood and a picture of what they wanted and he went to work for a month and a half, providing the necessary items for a perfect night.

"I was approached by Mrs. Tensley with a picture of what she wanted for the Prom decorations," said Faniel. "I looked at the picture and it didn't look too complicated so Lagreed to build the set. They provided me the materials so I donated the time and the talent "

Shelly Tensley, M. C. Perry junior class advisor and Prom coordinator, was amazed at the end results, "The Prom decorations are unbelievable! I was so impressed to actually see someone carve out musical notes as large as six feet high."

Since the Prom is customarily a gift to the seniors from the juniors, a small group of upperclassmen from the junior class dedicated their time and efforts to a night they too enjoyed. Kamille Sapnit Tasha Moreno Inna Chevez Daniel Norris Antonio Ortiz, Trevor Nash and Santino Giatano were the juniors who helped to make Prom a success. Although the list may be undersized their volunteering actions were needed for the hefty

"The juniors who volunteered assisted with the painting, sanding, drawing, and boosting ticket sales," said Tensley. "They did a sweetheart candy



Heather Nuse, Matthew C. Perry graduating senior, walks down the red carpet for her grand entrance to the Prom. The night was a success because of helpful volunteers.

sale during the month of March which provided the funds for the wood so Faniel could begin his work

Other providers for the Prom were the Masons who donated money to help pay for the personal senior Prom night gifts, the Chief Petty Officers Association, Master Sgt. Kenneth Tensley, Headquarters and Headquarters Squadron training chief, Lance Cpl. Matthew S. Dewitt, H&HS aviation support equipment mechanic, Lance Cpl. Eric S. Holan, H&HS training clerk, and the Navy Seabees.

"The donations given assisted greatly in the purchase of materials such as the gold engravings needed for the senior gifts, and the paint," Tensley added

As students "got jiggy wit' it" on the dance floor, the night was deemed a success because of the assistance from Station volunteers who gave up countless hours to make the senior Prom a night to

"This set would have originally cost the juniors \$1,000, which we just did not have, but with the favor of God and great volunteers this night was accomplished," said Tensley. "Tonight is more than just a high school Prom, it's a formal occasion for

Matthew C. Perry senior selected as 2005 Asia Youth of Year

Combat Correspondent

The Boys and Girls Club of America selected Jazman Thompson, Matthew C. Perry graduating senior and member of the Boys and Girls Club of Marine Corps Air Station Iwakuni, Japan, as the 2005 Asia Youth of the Year

The Readers Digest Foundation sponsors the Youth of the Year program that recognizes exceptional students with leadership skills who contribute to their family, community, school and Boys and Girls Club

In order to be chosen for the award Thompson had to go through a qualification process against other students from different schools on other bases in the Pacific.

According to Thompson the process wasn't a walk in the park, "First I had to fill out a 20-page packet that included essays about my family, my moral character, school and daily activities. I had to get two recommendations letters for each category. I also had to write a big essay in the end about my future goals and about my role in the Boys

"After the packet I had to go in front of a board of six officials of the Boys and Girls Club and answer 20 minutes worth of questions," she added.

In the end her hard work paid off when she was selected, "I was really excited when I found out that I was chosen, because I didn't think that I was going to get that far."

Thompson received a \$1,000 college scholarship from The Reader's Digest Foundation and a laptop computer from the Beaumont Foundation of America.

Her next step is to compete in the regional competition where, if she wins, she will receive a \$5,000 scholarship and a chance at the national competition for a \$10,000

Thompson has been accepted to Wiley College in Texas where she will be studying for her degree in political science.

BOXER from Page 1

Enlisting in the Marine Corps in 1999, Castillo's talent carried him straight to the All Marine Boxing Team within his first year in the Corps.

"I could've gone to the Army. I knew there get better equipment, nutritionists and the World Athlete Program; basically everything a fighter needs," said Castillo. "But I knew I still wanted to join the Marine Corps because they are the best and I have a lot of pride."

This year was the 7th consecutive

year which the 25-year-old Castillo reigned victorious at the Armed Forces Boxing Championships making him one of the Marine Corps' most valuable and experienced boxers.

Although he has consistently been a champion inside the ring, his approach they had a good team. The fighters over to fighting has matured somewhat over

"A boxer dances around using boxing techniques, very technical," said Castillo, who fights in the 106-pound Light Flyweight weight class.

"A fighter uses technique, but he uses it to hurt his opponent, it doesn't matter if he gets hit or hurt himself

because he's only out there to win. The fighter is the aggressor he always attacks first. I used to be a pure fighter, but now I try to fight somewhere in the middle. I can box, but I can also fight,"

Currently Castillo is deeply entrenched in a vigorous training program to prepare him for the upcoming CISM.

Every morning he runs six miles with two-pound weights strapped around his wrists to strengthen his shoulders.

His afternoon workout consists of an hour of quality time with the heavy my Mother has always been there." bag and speed bag at the Marine Corps

Community Services IronWorks Gym.

"If you want to win you've got to put in more work and concentration than your opponent, you've really got to want it," said Castillo. "It's all about putting your life in the ring, and I'm not afraid to do that."

For all his tenacity in the ring, Castillo insists his success is a reality because of two reasons.

"I'm here because God is guiding me through life, and he blessed me with a great family," said a humble Castillo. "Whenever I need someone to talk to,

Recreation center offers seasonal necessities Combat Correspondent

LANCE CIL. CRISTIN K. BARTTER

brush, the only thing you hear is your heart pounding like a bass drum in your chest. There is very little time; the mission replays in your mind. The green blobs seen through your night vision goggles await their next order. You tell them to push forward. The hairs on your neck begin to rise as you sense something wrong - terribly wrong. Ambush! Lights out...game over. That's right, game over.

Crawling through the swampy

Now put the remote control down and get outside and enjoy the sunny weather. Hibernation Inn has no vacancy this season.

Marine Corps Community Services IronWorks Recreation Center is entering the summer season prepared to provide to all of the outdoorsy Station residents ready to take on the fresh air, clear skies and beaming sun.

For the Station fishers, the Recreation Center offers trolling motors.

"It's good to have a trolling motor so you can get to a fishing spot faster," said Philip Beal, MCCS IronWorks outdoor recreation specialist. "You don't



Why look at the great outdoors from a television screen when you can get out and enjoy it? Check out what the Marine Corps Community Service IronWorks Gym Recreation Center and Marina have to offer this season.

> have to waste precious fishing time rowing to a different location.

What's better than catching that big fish during the day and cooking it by fire at night? Now that camping gear is out for rent, Station residents can enjoy a night by the campfire while sleeping under the Iwakuni stars.

"We offer a wide variety of camping gear for everyone who wants to enjoy the great outdoors."

said Beal. "We have cots, grills, coolers, sleeping bags, two to five man tents and much more. The only thing that you would need to bring is food and clothing, we can provide the rest."

The Station Marina is now open weekends from 9:00 a.m. to 6:00 p.m. They offer pontoon boats (nine person limit), rafts, canoes, kayaks, windsurfing boards and sailboats (must have sailing license) for reasonable prices.

Individuals who want to make a splash can rent out wet suits, life jackets and other safety equipment

"There are safety requirements for each watercraft "Beal said "We want customers to be prepared for the worst situation. We don't want them to get hurt or drown."

Another way to enjoy the great outdoors is to sign up for the trips provided by the IronWorks gym. Station residents can sign up for hiking trips to Three Peaks and Oshima Island at anytime

For the more extreme outdoor lovers, the Gym is also hosting three, four-day, trips to Mount Fuii.

Participants will be given the opportunity to climb the tallest mountain in Japan (3,776 meters) and roam the streets of Tokyo on their own.

"These trips are a great opportunity for Station residents to see different parts of Japan," said Beal. "They are also a great way to stay fit. That's what we do here at the IronWorks gym, we're here to

HOUSING from Page 1

ment) look up the four-digit code we'll have a lot of information on the residents; work phone number, if he is accompanied, who he works for, when he moved in, his general rotation date, who he works for, number of dependents, number of bedrooms and the approximate size of the residence," said Gary K. Saiki, PMO lead emergency dispatch operator.

"The reason we need this information is in case of a fire or emergency we'll Gary Saiki at 253-3322.

know how many people should be in the residence, location of the house and we'll also have a point of contact for notifying their command. It also allows us to get them (the residents) some translation services so they will be able to communicate with the Japanese emergency responders," Saiki added.

Personnel are required to register their off-station housing within five days of signing the lease or rental agreement.

For more information on the off Station residence registration process contact

REENLISTMENT from Page 1

Marines who are facing the FTAP are highly encouraged to submit their reenlistment early, because they have no experience with reenlisting.

"The process of reenlisting is very simple, but figuring out what reenlistment incentives you want is difficult," said Cpl. Shawn R. Minosky, Station shipping

and receiving noncommissioned officer in charge. Minosky submitted his package as soon as the option to think about it and see what I wanted to do."

ist early they can learn everything they need to know I waited until the last week there is no way I could about reenlisting and if they run into trouble with re-

enlisting they will have plenty of time to fix it. "My career retention specialist was very useful in to reenlist was open. "By going in early and talking helping me get my SRB (service record book) towith my career retention specialist I had plenty of time gether," said Minosky. "He told me what I should have in there, and what to do for a better shot at reenlisting. By teaming up with their career retention special- By going in early I was able to prepare my book. Had

Inspector from Page 2

be recorded at the time of registration. Parents are required to maintain accuracy of information by updating information annually or more often when circumstances dictate

5. Who is eligible?

Any military, Department of Defense or base contractor dependent aged 10 -18 (19 if still enrolled in high school).

All youth attending must have a current registration form before attending the program. Y/P will make every reasonable effort to accommodate an exceptional child within the guidelines of the exceptional family member program.

6. What is your policy on bringing food from the outside?

Outside food or drinks are permitted into the facilities. Children Youth and Teen Branch is not responsible for food

self-directed activities.

to be aware of such allergies and avoid any foods related.

7. What is your policy on signing in and out?

Y/T's are self-released based. 10 – 18 year old youths may sign themselves in and out of programs without parent/ guardian supervision. Sign in sheets are issued at each site. Youth must sign in ing? and out upon arrival and departure of the program. Facilities may use the Rectrac system to maintain these records.

8. What is your policy on the dress

Youth should dress appropriately for all planned activities. Youth generally go outside everyday and should be ap-

Parents and youths are responsible or around youth facilities. This includes entation. parking lots.

9. What is your policy on visitors?

All visitors must sign in the visitor's logbook maintained at each site. Visitors may not wonder through the center's facilities unescorted.

10. What is your policy on volunteer-

Volunteers may be scheduled to assist with the Youth & Teen programs All volunteers must have completed the MCCS volunteer forms and references will be checked and recorded

All regularly scheduled volunteers will receive a minimum of eight hours of training to include training on child abuse identification, reporting and prepropriately dressed for the weather. We vention; age appropriate guidance and ask that the liberty dress code policy is discipline; child health and safety; appli-

allergies when youth are participating in adhered to and the intent of the order is cable regulations and installation polirespected. Smoking is not permitted in cies; role of volunteer; and program ori-

11. What is your policy on emergen-

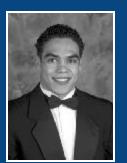
Parents or guardians will be notified should an emergency or serious issue should arise. They shall receive a written report of any incident requiring specialized individual attention. It will be the youth's responsibility to bring a copy of the incident report home to their parent or guardian

12. What is your phone policy?

Phones are not to be used for personal phone calls. The use of a personal cell phones while working with the youth is prohibited. Youths are not allowed to use the phone except in the case of an emergency when given permission and monitored by a staff member.

The Stars of Matthew C. Perry

Class of 2005

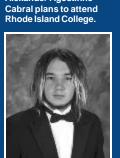


Adam James Krievs plans to attend the University of Southern

Cindy Lee Stasher

Rebekka Lynn Claudio

plans to attend Chapel





Michigan University.



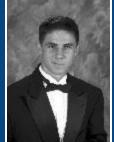
Jennifer Marie Rittal



Ronnie Craig Solomon, Jr. plans to attend Michigan State Univer



Brittany Jean Scott graduated with a \$1,000 Presidential Scholarship. She plans to attend Wiley College.





Alexander John Dahl



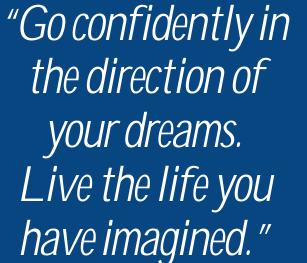




<u>Jazma</u>n Marie Thompsor graduated with a \$1,000 Presidential Scholarship and a \$1,000 Boy's and Girl's Club Youth of the Year Scholarship. She

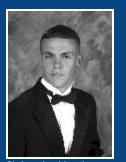


Sarah Jean Leach plans to attend Cambridge University, England.



-Henry David Thoreau

Stephanie Shuko Lynch plans to attend Temple



Allison graduated with a \$1,500 Commissary Scholarship. He plans to attend Ohio State

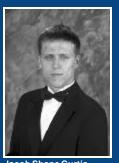


Leilani Song Arita graduated with a \$1,500 Commissary Scholarship. She plans to attend the University of Hawaii.



Kevin Le'Mar Lee





plans to attend the University of Idaho.



nary Arts School.



plans to attend Purdue





Lisa Hosokawa Garber graduated with a \$10,000 St. Andrews Academic Scholarship, a \$2,000 Officers' Spouses' Club Scholarship, a \$1,000 Scholarship. She plans to attend St. Andrews,





graduated with a \$1,000 Presidential Freedom Scholarship. She plans to attend Colorado State





Kathleen Fay Westberry







Heather Elizabeth Nuse plans to attend Slippery Rock Univesity.

TORII TELLER, JUNE 10, 2005 TORII TELLER, JUNE 10, 2005 PAGE8 **FEATURE** CLASSIFIED PAGE9

Thousands enjoy Toukasan festival



ABOVE: Megumi Yoshida, a drummer for the women group, screams as she begins beating her drum during their performance at the Toukasan Festival. RIGHT: Tomohisa Ohta (left) and Tatsuva Isoda enthusiastically worked together to beat on the same drum at the Toukasan Festival in Hiroshima, June

LANCE CH. CRISTIN K. BARTTER Combat Correspondent

Thousands of participants dressed in their traditional yukatas and petite wooden shoes were the eye candy for spectators at one of Hiroshima's favorite features, the Toukasan Festival June 3-5

Toukasan is the summer festival in praise of the god Touka Daimyojin at Enryuji Temple, Hiroshima City.

The festival is also known as the Yukata Festival, starting the beginning of the vukata wearing season. The vukata is a lightweight cotton kimono worn during the summer season. In Japan, the vukata is widely worn for everything from festivals. special events, summer daily wear to simple night attire

"Everyone was wearing a yukata. If you weren't wearing a yukata, you stood out in the crowd." said Lance Cpl. Matthew Dewitt, Headquarters and Headquarters Squadron aviation support equipment mechanic. "They all had different colors with different prints on them. I saw one with cherries on it."

During the three-day event, people of all ethnicities enjoyed the hundreds of street stands on Chuo Dori Avenue that offered unique foods, kakigori (flavored shaved ice), games, haunted houses and shows. Some of the more popular game stands were the goldfish scooping and balloon fishing stands. "They have many different stands that

sell grilled chicken, doughnuts, and cotton candy," said Yoshiko Kihara Marine Corps

Community Services Marine and Family Service Center cross-cultural specialist. "They also have game stands, a dancing stage, a table tennis tourna-

ment, radio station stands, origami bird stands and vukata market stands."

With fried squid in one hand and a bag of goldfish in the other, spectators gathered on the side of the streets to enjoy the parade of cheerful bon-dancers who performed for the coming of summertime.

"The dance they performed at the festival was the Hiroshima Ondo (Hiroshima dance song)," said Kihara. "They also performed the Yosakoi dance, an Awa dance, a jazz dance and hip hop dances while wearing a yukata."

"I was there to enjoy the street drummers who were awesome," said Dewitt. "First they had a group of women drummers and then a group of males. It was like battle of the bands when it comes to who was better. Both groups were really talented and loved showing off to the hundreds of spectators."

After enjoying the parade, street stands and immense culture overload, Dewitt knew this was a night he would never forget, "I am so glad that I got the opportunity to enjoy this event. I tried fried squid, attempted the balloon scooping game and really enjoyed everything the festival had to offer. I recommend everyone check this out next year, they won't regret

As for Kihara, the festival has been an event that she has appreciated for many years, "I have loved this event since I was a child. I love wearing my yukata and seeing other trendy yukata's as well. Whenever I attend this festival, I feel like summer is coming soon!"



OUT THE GATE

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

Calamus Festival

A festival is held around Kikko Park, near the Kintai Bridge now through Sunday, Nearly 110,000 calamus plants with blossoms can be viewed in this area. The following 5211 for details. events will be held Saturday and Sunday, 10 a.m. to 3 p.m. There will be a Japanese dance and a Noh play performed on the Noh stage. Japa-

are held at Chokokan Museum. Kikkawa Museum and Iwakuni Museum. For details, call 41-1477.

"Quilt Roman" Patchwork Display

A display of nearly 100 pieces of patchwork and 50 pieces of felt crafts will be held Thursday, June 17-18, 10 a.m. to 6 p.m., and June Iwakuni Clan Musket Corps Dem-19, 10 a.m. to 4 p.m. at Sinfonia Iwakuni. Admission is free. Call 32-

Blue Bird Arts and Crafts Bazaar

There will be a sale and exhibit of handcrafted items today, 10 a.m.

nese flower arrangements displays to 5 p.m. and Saturday, 10 a.m. to 4 p.m. at the exhibition room in Sinfonia Iwakuni. The bazaar will showcase items such as dried-out flowers arrangement, washi crafts, leather crafts, Japanese hanging scrolls and more. Admission is free. Call 53-2565 for more information.

onstration

This monthly demonstration will be held Sunday, 10 a.m. to noon at the Kikko Park near the Kintai Bridge. It may be cancelled in case of rain. For details, call 41-1477.

TORII TELLER CLASSIFIED ADS

To submit your ads or announcements: Torii Teller basis. Deadline for briefs is noon Thursday. Torii Tellerreaccepts ads/announcements from nonprofit organizations and groups only. Briefs run on space-available and time-priority 216 to fill out a form.

Toyota Estima, 1995, diesel van, 102,000km or approximately 65,000 miles, must sell ICI until Ian 2007, \$3,200, Call John at 253-6293

Nissan Skyline, 1993, tained, JCI till 2006, great condition, low km. \$7,500, Call Sean or Jolyn well maintained, recycle at 253-4729 dwh or 253fees/road tax paid, JCI until 2006, \$1,800. Call Sean or Jolyn at 253-4729 dwh or 253-2291 awh.

Mitsubishi Delica 1992

2007, \$2,650, Call Mai. Reinthaler at 253-5046 dwh or 309-277-4467 awh or e-mail to RhinoF18@ vahoo.com.

Harley Ultra Glide, 1988, great condition, low km, road tax paid, well main-2291 awh.

Misc. 4 kerosene heaters like new, almost \$400 new. 4WD van, JCI until April \$100; Japanese washing

Mr. Thomas Hermann, Matthew C. Perry High School physics

teacher, and his advance placement physics class spent the last

few weeks building cardboard boats in order to test Newton's

three laws of nature in the IronWorks Gym pool, May 25. The

students tested their vessels, each with a crew of two, in an

effort to see if they were seaworthy when applying the physics

CARDBOARDS BOATS - SINK OR SWIM?

machine, \$50; several sets Boppy, \$8; Twirlin' of drapes for house in town, Whirlin' Garden, \$3; \$75 for all. Call Maj. Medula Pump In Style, Reinthaler at 253-5046 double breast pump, \$50; dwh or 309-277-4467 awh crib mattress, \$20; Johnny or e-mail to RhinoF18@ vahoo.com.

Misc., red microwave, Farberware, .6 cubic ft., cents each; boys' summer 17x11 1/2x10"H, bought in clothes, 6-9 month, 50 Feb., barely used, \$60; red cents each. Call Kara handmixer, Farberware, bought in Feb., barely used \$20. Call Sherry at 253-

Misc. double stroller \$40: Kelti kids front carrier, \$25:

who is currently in the process of adopting a child while in Japan or may have already adopted from any country while in Japan. Trying to do this and would like to talk to anyone with experience or information.

cents each; boys' winter

clothes, 6-12 month; 50

Scarbrough at 253-2266.

WANTED

Misc. Looking for anyone

253-2011.

A dental assistant position is open. Call DTC Sito at 253-5252 for more infor-

Call Amy after 4 p.m. at

JOB OPENINGS

Station Chapel The Chapel is seeking a

mation

13); 2 p.m./8 p.m. Hotel Rwanda (PG-13); 11 p.m./5 a.m Cold Mountain (R); 2 a.m. Exorcist: The Beginning (R)

SATURDAY - 11 a.m./5 p.m. Garfield (PG); 2 p.m./8 p.m.

(R): 2a m Matrix: Revolutions (R)

Spree (R): 2 a m. Ghost World (R)

That Game (R): 2 a.m. Swordfish (R)

Blade: Trinity (R): 2 a.m. Old School (R)

Of Eastwick (R): 2 a.m. Catch 22 (R)

Boyz 'n The Hood (R)

National Treasure (PG); 11 p.m./5 a.m. Twelve Monkeys

SUNDAY - 11 a.m./5 p.m. Walking Tall (PG-13); 2 p.m./8

p.m. Because Of Winn-Dixie (PG): 11 p.m./5 a.m. Crime

Monday - 11 a.m./5 p.m. Finding Neverland (PG); 2 p.m./8

p.m. Coach Carter (PG-13); 11 p.m./5 a.m. Two Can Play

Tuesday - 11 a.m./5 p.m. 50 First Dates (PG-13); 2 p.m./8

p.m. Godsend (PG-13); 11 p.m./5 a.m. Twisted (R); 2 a.m.

WEDNESDAY - 11 a.m./5 p.m. Shrek 2 (PG); 2 p.m./8 p.m.

Lemony Snicket: Enfortunate Events (PG); 11 p.m./5 a.m

THURSDAY - 11 a.m./5 p.m. Duplex (PG-13); 2 p.m./8 p.m.

Phantom Of The Opera (PG-13); 11 p.m./5 a.m. Witches

Gospel Choir Director. Duties require approximately 12 hours per month to coordinate weekly practices and Sunday services Interested individuals should contact the Logistics Contracting Office at 253-

Jumper for doorway \$5: girls' summer clothes, 50

■ Battle Of The Guitars And Sunset Garden vard barbeque.

■ Father's Day Brunch: June 19, 10 a.m. to 2

■ Father's Day Sale: Now through June 19. Dis-

Single Marine Program (253-3585)

■ Osagawa Dam Camping Trip: Trip departs to-

■ Pizza Night: Tuesday, 6 p.m. Free pizza, soda, snacks and games.

School Age Center (253-4769)

■ Meet & Greet BBQ: June 17, 3-5 p.m. Par-

■ Camp Adventure 2005: Registration is open continuously throughout the summer for Camp Adventure 2005, held on the Station. The camp is open to children ages 5 to 12. 5-year-old children must be enrolling in kindergarten next school year in order to participate. Parents must provide their L.E.S. upon registering. The camp operates June 20 through Aug. 19.

■ End Of The School Year Dance Party &

■ Father's Day Fishing Trip At Yasaka Dam June 19, 9 a.m. to 2 p.m. Invite Dad for a fun day of fishing at Yasaka Dam. Mom is invited as well. Sign-up is \$5 per person and is available at the Iron-Works Gym front desk. Sign up before Thursday.

At the library. Children up to 2 years old meet Thursdays, 10-10:45 a.m. Children ages 3-5 meet Fridays, 10-10:45 a.m. Call 253-3078 to confirm. Children listen to stories and enjoy activities such as singing and crafts. Children must be accompanied by an adult

Speech Contest

The Japanese American Society is sponsoring a Speech Contest Oct. 23, 12 p.m. at the Sinfonia Iwakuni. The contest is open to the Americans in the Iwakuni community. There are three divisions; 1st to 6th grade student, junior and senior high school students, and adults. The application deadline is Oct. 3. Each speech must be in Japanese and from 1-5 minutes in duration depending on winners at each level; ¥10,000 for 1st place. ¥5,000 for

■ Organizational Comm nication: Effective Presen tations: June 20-22, 8 a.m. to 4:30 p.m.

COMMUNITY BRIEFS

CHRO

■ 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.

MCCS

Club Iwakuni (253-5416)

June 18, 1-5 p.m. Featuring a live band and back-

p.m. in the Club Iwakuni Ballroom.

count apparel, electronics, Victoria's Secret Men's gift sets and more.

day and returns June 12 at 6 p.m.

ents and kindergartners through sixth graders are invited to join in the fun.

Youth & Teen Center (253-6454)

BBQ: June 17, 6-11:30 p.m. Enjoy a celebration for the end of the school year 10 to 12-year-olds party 6-8:30 p.m. Teens dance 9-11:30 p.m.

MCFTB (253-3754)

■ Key Volunteer Basic Training: Thursday, 8:30 a.m. to 4 p.m. at Yujo Hall

Children's Story Time

the age group. Prizes will be awarded to the top three 2nd place, and ¥3,000 for 3rd place. For more information call 253-4771 or check out the IAS Web site at http: /ww5.tiki.ne.jp/~jasiwakuni/.

MCTV CHANNEL 19

This schedule is submitted by the Sakura Theater and is

subject to change. For show times call the Sakura Theater

fundamentals learned in class.

MOVIE SCHEDULE

SAKURA THEATER

FRIDAY - 7 p.m. The Longest Yard (PG-13); 10 p.m. Star

 $\textbf{S} \textbf{aturday-1} \ p.m. \ Star Wars: Episode \ III (PG-13); 4 \ p.m$

SUNDAY-4p.m. A Lot Like Love (PG-13); 7p.m. King's

Madagascar (PG): 7 p.m.: The Interpreter (PG-13): 10

Monday - 7 p.m. The Longest Yard (PG-13)

WEDNESDAY - 7 p.m. The Interpreter (PG-13)

THURSDAY - 7 p. m. A Lot Like Love (PG-13)

TUESDAY - 7 p.m. Amityville Horror (R)

Wars:EpisodeIII(PG-13)

p.m. Sin City (R)

Ransom(PG-13)

FRIDAY - 11 a.m./5 p.m. Riding In Cars With Boys (PG-

TORII TELLER, JUNE 10, 2005 PAGE 10 COMMUNITY BRIEFS SPORTS TORITTELLER. JUNE 10, 2005 PAGE 11

Nihongo de...

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> This story is a translation of the page 11 text. 本文は11ページの記事の日本語訳です。

CHAPEL RELIGIOUS SERVICES

Roman Catholic

4:30 p.m. Confession 5:30 p.m. Sunday

8:45 a.m.

Protestant Sunday 9 a.m.

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

Cooperative Chapel Ministries

3rd Saturda

Men's Fellowship Breakfast

LAY LED RELIGIOUS SERVICES

6 p.m

Shabbat Service

Seventh-Day Adventist 2nd & 4th Saturday

Sabbath School/Worship 9:30 a.m.

Episcopal Sunday

7 p.m. Worship Service

Church of Christ

10:30 a.m. Worship Service Wednesday 7 p.m.

The Church of Jesus Christ of Latter-Day Saints

Weekdays

6:30 a m Seminary

Sunday Priesthood, Relief Society 1 a.m. Sunday School 3 p.m. Sacrament Meeting

OTHER SERVICES

Islamic

To confirm current schedule of services at the Marine Memorial Chapel, call

Mess Hall Lunch Menus=

Week Of June 13-17

Monday - Cream Of Mushroom Soup, Creole Soup, Sauerbraten, Hot And Spicy Chicken, Fried Rice, Oven Glo Potatoes, Fried Zucchini, Pinto Beans, Hot Dinner Rolls

Tuesday - Cream Of Potatoes Soup, Chicken Noodle Soup, Baked Halibut Fish, BBO Beef Cube. Wild Rice, Buttered Pasta, Lima Beans, Creole Squash, Garlic Bread

Wednesday - Cream Of Broccoli Soup, Vegetable Soup, Breaded Pork Chops, Pepper Steak, Steamed Rice, Oven Glo Potatoes, Glazed Carrots, Brown Gravy, Garlic Bread, Club Spinach

Thursday - Minestrone Soup, Cream Of Chicken

Soup, Creole Macaroni, Crab Cakes, Fettuccini With Alfredo Sauce, Grilled Cheese Sandwich, Tempura Vegetables, Peas And Carrots, Dinner Rolls Friday - Clam Chowder Soup, Minestrone Soup, Braised Beef And Noodles Baked Fish Mashed Potatoes, Fried Cabbage, Mixed Vegetables, Chicken



M. C. Perry School Lunch Menus

Week Of June 13-16

Monday - Cheese Pizza, Tossed Garden Salad, Ranch Dressing, Chilled Peaches, Rice Krispie Treat, Milk Tuesday - Sloppy Joe on a Bun, Tomato, Cucumber, Curly

Fries, Seasoned Corn, Chilled Fruit Mix, Milk Wednesday - Chicken Tenders, Crispy Potato Wedges, Cinnamon Toast, Awesome Applesauce, Fresh Fruit, Milk Thursday - No school/Teacher work day

Sweating it out! Experts warn - Drink water... or Die

Combat Correspondent

Every Spring Marines are required to attend briefs and safety standdowns covering the dangers of overheating and dehydration, always with the same focus. "What color is your urine; if it's yellow your not hydrating enough, if it's clear you're good to go."

To stay healthy and enjoy the summer months there is much more to know and observe than the color of urine. In fact, "observing the color of one's urine is a less effective method for gauging one's hydration status than monitoring the frequency with which one urinates," said CDR Mike Jacobs, Marine Aircraft Group 12 group surgeon.

"There are four important concepts to understand about heat injury acclimatization, hydration (including over-hydration), nutrition and electrolytes, and the effects of prescription and over-the-counter medicines and supplements," said Jacobs. "If one has an appreciation of the role of these four concepts one can be fairly confident that they're not going to be a summer heat casualty.' Acclimatization is the physiological adaptation to changes in climate or environment, such as light, temperature, or altitude.

"Acclimatization is a protective physiologic process and phenomenon,' said Jacobs. "It is critical to give your body ample time to adjust to new climactic challenges, such as high heat and humidity. Don't start intense workouts right away; tailor workouts to permit the body to adjust gradually to heat and humidity. The process typically requires 10-14 days. The body will begin to better dissipate heat. Also, it doesn't take tempera-

body, an abrupt change of only 10 degrees can put a lot of stress on your body; for example increases from 75 to 85 degrees."

Hydration is the most emphasized topic when discussing heat casualties. and for good reason. The human body is more than 70 percent water, which is continually lost through perspiration. When extreme heat and humidity is placed in the equation, the rate of perspiration drastically increases.

"The typical active Marine should drink two to three liters of fluid daily, but the precise amount is determined by variables like environmental conditions and level of activity," said Jacobs, "If you notice a decreased appetite, headaches, constipation, fatigue, and decreased urination (all symptoms of dehydration), you need to increase fluid consumption to the 2 to 3 liters per day. Dehydration will absolutely degrade one's sense of wellbeing, especially children," said

On the flip side, over-hydration can become a health issue if too much water is consumed without proper nutrition and electrolyte intake

"Over-hydration is the other extreme, and can also rapidly degrade one's sense of well-being and, in fact, be lethal. Drinking too much plain water dilutes electrolytes," said Jacobs. He further explained that there are "five vital electrolytes; potassium (K+), sodium (Na+), calcium (Ca2+), chloride (Cl-), and magnesium (Mg2+). These ions balance the body's fluids and maintain a number of body functions, such as heart rhythm, muscle contraction, and brain function '

"The best way to increase sodium and chloride is simply to salt your

thing. Too many people think skimping on salt is healthy. Increasing physical activity in high heat and humidity requires increased salt intake, especially if consuming more than 2 liters of plain water daily. People who are not hypertensive and have normal kidney function are not affected adversely by increasing sodium

selves on physical fitness. This mentality compels many Marines to use supplements with the belief that they will enhance muscle mass, endurance, and metabolism. "Supplements are

not always a bad thing as long as you know what you're taking and understand potential side effects. Many supplements

contain a stunning amount of stimulant (caffeine-related products); people need to be aware of what they are taking "Jacobs continued "Stimulants, in the form of weight loss supplements, increase heart rate and body temperature, interfering with thermoregulation and the body's ability to dissipate heat. Nutritional supplements and medication side effects together with summer heat can have devastating consequences. A lot of Marines for example consume excessive protein in the form of amino tabs, whey powders, meal replacement



Photo provided by Torii Teller Staff

Hydration is an essential key to enjoying a healthy summer. Active men and women are suggested to drink approximately two to three liters of water per day.

> bars, and meat products, to bulk up. with harmful consequences for the kidneys, especially when dehydrated," explained Jacobs.

Be mindful of the concepts of acclimatization, appropriate hydration and fluid consumption, proper nutrition and electrolyte consumption, and the cautious use of supplements and stimulants in order to stay healthy and maintain well-being during the approaching months of increased heat and humidity

Pronclation of this way found to page 10. 本文記事の日本語記は10ペープを名刺して下さい

IWAKUNI SPORTS SCENE

SUMMER LEARN-TO-SWIM PROGRAM

Session One of the Summer Learn-to-Swim program commences June 20 and ends July 1. Both morning and afternoon classes are available for those interested. Morning classes are 9-11 a.m. at the IronWorks Gym Indoor Pool, and afternoon classes are held 4-6 p.m. at the Main Outdoor Pool, weather permitting. Sign up for each class is \$30, and is available at the IronWorks Gym Aquatics Office. Call 253-4966 for more information.

UNIT POKER RUN

Today, 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-

FATHER'S DAY FISHING TRIP

The trip is open to children ages 4-18 and their parents. Sign up now through June 17 at the IronWorks Gym front desk. The trip leaves from the gym June 18, 9 a.m. Fishing poles and bait will be provided. The cost is \$5. Bring your own lunch. Drinks are provided. Call 253-3239 for details.

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. For more information, call 253-4657.

FATHER'S DAY SPECIAL

June 19, 1-9 p.m. Dad bowls for free when accompanied by his son or daughter. Call 253-4657 for details.

PAGE 12 TORII TELLER, JUNE 10, 2005 SPORIS



Jose B. Don Juan, Top Secret forward, prepares to slip past William P. Liggett, VMFA-212 forward, during a regular season game at Penny Lake Field, June 3. During the game Don Juan accounted for two-thirds of Top Secret's goals.

Top Secret dominates VMFA-212, 9-4

STORY AND PHOTOS BY LANCE CH. MARK FAYLOGA Combat Correspondent

Top Secret remained undefeated after shooting down Marine Fighter Attack Squadron 212, 9-4, during an Intramural 6-Man Soccer League regular season game at Penny Lake Field, June 3.



Tyson D. Vannice, VMFA-212 midfield, keeps the ball out of reach from Monique K. Delapinia, Top Secret forward.

Top Secret's strategy for beating VMFA-212 wasn't classified information. Top Secret out-shot, out-hustled and out-played their opponent for an easy W.

"We just played like we always do, we had good ball movement and I just tried to get as many goals as I could," said Jose B. Don Juan, Top Secret forward. Don Juan's efforts resulted in

six goals during the game.

It wasn't long after the first whistle when Monique K.
Delapinia, Top Secret forward, scored the first goal of the game off a pass by Don Juan.
But, 212 quickly answered back to even the score at 1. Albeit, 212's goal was from a lucky throw-in, which brushed off the back of Darrin L. Christensen, 212 forward, and into the goal.

With the score tied at one, most teams would gear up for a close battle. However, Top Secret showed no worries over the goal, partially because of how it was scored but mostly because during their previous engagement Top Secret walloped 212, 10-1.

"I wasn't too concerned when 212 tied the score up," said Don Juan. "We had already beaten them, and I had faith in my teammates. When we play as a team we always win."

The game carried on with Top Secret scoring eight more goals. Six of which belonged to Don Juan, who would have as many as three defenders on him at a time, the extra defense didn't seem to phase Don Juan, he would toy around with the defense, faking left and right before eventually driving down field and into the goal.

Even with the impressive play from Don Juan and the apparent dominance of Top Secret, their coach wasn't satisfied with the level of play.

"They (Top Secret)
weren't playing as well as they should
of," said Gerry Rivas, Top Secret
coach and player. "212 isn't that
strong of a team, so they were out
there just having fun with them."

Although, Top Secret is the only team in the league with a perfect record, they don't let their record go to their head.

"We're the only undefeated team in



Top Secret, their coach wasn't satisfied with the level of play.

Michael D. Schwegman, Top Secret defender, and Darrin L. Christensen, VMFA-212 forward, fight for control of the ball.

the league but we like to keep an underdog mentality," said Rivas.

The season is still fresh, but Top Secret plan on taking their underdog mentality all the way to first place.

"I think we will take the championship," said Rivas. "The only team's I'm concerned about are the Japanese teams, no one else should give us much trouble."