

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

MARCH 4, 2005

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Japanese school visits Station elementary

Japanese, American students bond over ABCs and crawling on humvees.



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Seabees celebrating 63 years of faithful service

The Navy's goodwill ambassadors celebrate their birthday remembering their motto, "We build. We fight."



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Faith takes Far East tournament

Vanguards beat St. Paul's Christian Warriors in an overtime victory during the Far East Tournament.



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Iwakuni Marines erupt on Fuji

Pfc. MARK FAYLOGA
Combat Correspondent

CAMP FUJI, Japan— Marine Wing Support Squadron 171 is currently deployed to Camp Fuji, Japan, for Exercise Bull Dozer. The unit arrived in Fuji Feb. 24, and is expected to return to Iwakuni in March.

MWSS-171 brought combat engineers, heavy equipment operators, motor transport personnel, utilities personnel, expeditionary airfield personnel for field training, said Capt. Greg W. Lewis, MWSS-171 engineer operations company commander.

During training, MWSS-171 will put in a vertical takeoff and landing pad, conduct rapid runway repair training, participate in live-fire exercises and spend time on the demolitions range," said Lewis.

"I'm really looking forward to more demolition training. Demolitions is the most enjoyable part of my job," said Pfc. Matthew B. Braddy, MWSS-171 combat engineer. "In Iwakuni, we don't get to do a lot of demolition so I look forward to getting to do it while on deployment."



Pfc. Mark Fayloga

Marine Wing Support Squadron 171 combat engineers set up a general purpose tent at the MWSS-171 camp at Camp Fuji, Monday.

The deployment to Fuji is meant to give Marines more experience in the field and will give the Marines time for individual training and be prepared to conduct rapid runway repair, said Lewis.

"I want my Marines to be confident in using their equipment and knowing how to do their job," said Lewis. "This deployment is an excellent opportunity for them to get some hands-on experience."

"I think this deployment will help me learn how to do my job in the field," said Lance Cpl. Mike A. Grabowsky, MWSS-

171 Marine integrated maintenance management specialist clerk. "I get to gain experience doing my job in a different environment making sure that each work section out here gets all of their parts in and make sure all end items are operational."

"I'm hoping that the training will teach me more about my military occupational specialty," Grabowsky said. "We mostly deal with construction in Iwakuni and I want to get a chance to train more on the other aspects of my MOS."

The deployment in Fuji is also providing younger Marines, many of whom have never deployed, a chance to train in a new environment and see what it is like to be deployed, said Lewis.

"I'm looking forward to every aspect of training we will receive," said Grabowsky. "Because, coming straight out of school, I'm still learning and this is a great chance to gain familiarity with my job. Plus, I have my staff noncommissioned officers back in Iwakuni guiding me through my time here."

Lejeune, Puller, Basilone, Daly expected to visit Station

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

Four of the most renowned and honored Marines in Marine Corps history will be visiting the Station in May, via the postal service.

Lt. Gen. Lewis B. "Chesty" Puller, Lt. Gen. John A. Lejeune, Gunnery Sgt. John Basilone and Sgt. Maj. Daniel J. Daly are being honored by the U.S. Postal Service with a new set of first class stamps bearing the images of these Marines.

Every Marine is taught of the legendary heroics of these four Marines, among others, in recruit training though seldom have battlefield heroes been commemorated in such fashion.

"This represents the Marine Corps," said Staff Sgt. William A. Cooper, Station postal custodian of postal effects. "In my time in the Corps, this is the first time I've gotten a chance to see the Marines represented like this. It lets you know what kind of light society sees the Marine Corps in."

Lt. Gen. Lewis B. "Chesty" Puller is the most decorated Marine in Leatherneck history earning five Navy

Crosses and remembered as a fearless leader.

"So they've got us surrounded, good, now we can fire in any direction. The bastards won't get away this time," a famous quote of Chesty's during the battle for the Chosin Reservoir.

Lt. Gen. John A. Lejeune, the 13th commandant of the Marine Corps, is known throughout the Corps as being the standard for Marine Corps leadership. Not only was he the first Marine to lead an Army Division in combat, Marines all around the globe recite his birthday message on Nov. 10 every year.

Stories of Gunnery Sgt. John Basilone's courage under fire at Guadalcanal, where he was awarded the Medal of Honor, and Iwo Jima, where he ultimately gave his life on the battlefield.

One of only two Marines in history to be awarded the Medal of Honor twice, Sgt. Maj. Daniel J. Daly distinguished himself in combat during the Boxer Rebellion and in Haiti.

"This means a great deal to the Marine," said Cooper. "To receive a letter...from a Marine, with a Marine hero on the stamp is an honor in itself."

The set of 37-cent stamps will also be a collector's



item for many Marines and civilians alike.

"I'm getting a sheet just to keep for me, not to use," said Cooper.

Along with the new set of Marine hero stamps, the Station Post Office will introduce four new sets of stamps; Black History, Ronald Reagan, Disney and Muppet characters.



Torii Teller

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Chaplain's Corner: Where do you find God?

CDR. DONALD P. FIX
Chaplain's Corner

Where do you find God? My answer to that question has changed after an experience I had one year while I was taking a week's retreat in the mountains of Vermont.

It was a beautiful setting with hills and open fields of all sorts of colors; it was a perfect setting to get away from everything.

On one particular afternoon, I took a walk and sat down in the midst of all that glorious nature. In a short while, a small butterfly came hovering around me and settled down on my leg. I didn't want to move and scare it so I sat still and reflected on this happening.

My thoughts led me to think that it was only when I was still and at peace

did that creature find me and rest on me. How true I thought of God's presence in my life - how during those busy and fast-paced days of my life God doesn't get much chance to find me or rest in me, it is only when I am still do I allow God to be a part of my life.

That was a great lesson for me, but one that I often forget. I know what I need to do but there are so many other things, good things and worthwhile things that are higher on my priority list.

Astronaut James Irwin is said to have shared this thought about finding God's presence as he said, "I felt God's presence on the moon more than I have ever felt it here on earth."

Once again God is felt strongly in a setting of calm and beauty and when alone. Perhaps we can not all escape

to the hills of Vermont and few of us can get away from everything and everyone by taking a stroll on the moon but there are spaces that all of us can find.

When the weekly Joint Reception Center group of new arrivals to Iwakuni gathers for their chapel brief I always ask them to look around the chapel and know that this is their home - it is a place to pray, meditate and reflect. It is a place that they can come to when they need to get away and be alone.

God will indeed find us but we will need to give him a chance. We have to quit our marathon race in life long enough to be still and allow God to gently rest on us. When that happens, all we will want to do is to remain still and continue to experience that awesome wonder of God visiting us.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

Answers provided by the Defense Commissary Agency

Q: Why do Commissary prices vary so much month-by-month, store-by-store?

A: One of the misinterpretations many people have of the Commissary is that we have a mark-up on products that are sold within the Commissary. All items that are sold within the Commissary do not have a mark-up (beside meat, deli and produce which have a very minimal mark-up to cover losses due to process shrinkage) and are sold at cost.

Q: Why is there a lot of the products close dated in the Commissary?

A: From the time the order is placed to the time the items hit our shelves could be anywhere from 45-60 days. This is due to the length of time the order takes to prepare (California), load, ship, go through customs, load on to a truck, get to the main warehouse (Iwakuni), receive and ship to the store before we can replenish our stock. An item like yogurt, which is very date sensitive, may, by this time, be close to or already expired. This is one of the main reasons why we are not able to keep good stock of these items. Even if we were to increase our order, as we have, it would not help the date situation and will still cause us to be out of the item.

Q: How do I special order an item and when will I know if the item has been ordered or can be ordered?

A: We except all special orders and encourage patrons to please let us know how we can better serve them as we want to hear what they want or would like to see. Due to the size and location overseas we are not able to carry everything everybody would like, but will try to get the product or a substitution if that particular product isn't available. We have and still are receiving an occasional truck from Kanto Plains Warehouse (Tokyo area), which supports the bigger stores (Yokota, Yokosuka, etc.) and have filled many patron orders through them if they have the item in stock. If a patron is looking for just a couple of items, we can get with the stores up north and have them mail down a couple units to fill the order. Chill and freeze items, which are not impossible, are harder to get from the Kanto Warehouse due to transportation. Upon receipt of the item, we have our employees contact the patron to let them know that their order is ready to pick it up at their convenience.

Q: Do we have to order the whole case for a special order?

A: No, we except all size orders in all departments just let us know what and how many and we will see what we can do to help you.

Q: How come items that used to be carried in the Commissary are no longer carried?

A: The Commissary is just like civilian grocery Stores having to keep up with the ever-changing trends and are

see **INSPECTOR** Page 5

CHATTERBOX

Question: "Who do you think will be in the NCAA Final Four?"



*Pvt. Chris Remble
Memphis, Tenn.*

"Illinois, Duke, Maryland and Kentucky because they are awesome teams."



*Chief Warrant Officer Phillip J. McDaniel
Pensacola, Fla.*

"North Carolina, Kansas, Illinois and Kentucky because they are playing the best ball. I think North Carolina will win overall."



*Sgt. Arthur L. Ross
Glenburnie, Md.*

"Illinois, North Carolina, Wake Forest and Tennessee. I think Illinois is going to take it all though."



*Gunnery Sgt. Travis O. Walker
Nashville, Tenn.*

"Illinois, Duke, North Carolina and Connecticut. Duke is my favorite team though. I'd like to see them make it, wishful thinking."

Agencies work to improve cooperation

CR. J. MICAH PLOTS
Combat Correspondent

U.S. MARINE CORPS FORCES PACIFIC, CAMP H.M. SMITH, Hawaii—Members of military, governmental, non-governmental and international agencies met to discuss relief and conflict operations as part of a Senior Leaders Symposium held Tuesday and Wednesday at the Moana Loa Surf rider hotel in Waikiki.

Lt. Gen. Wallace C. Gregson, MARFORPAC Commander and Pete Bradford, III director, Center of Excellence in Disaster, Management and Humanitarian Assistance, hosted the symposium which focused on civil, military and interagency cooperation.

The symposium touched on many looming issues that coexist between organizations. One of them being whether or not there's a common set of issues that define the civil and military relations

during a complex operation.

In fact, the civil and military issues were discussed often throughout the event. From the overall standpoint of the relationship to what solutions may be used in the future.

It also provided the ability for world organizations, not just the military, to improve operations planning as a whole, according to Maj. Ed Rueda, Future Operations planner.

The whole spectrum of operations was dissected; from post World War II to today's operations with other countries.

"We need to make sure we've established contacts between officials (military and non-military) and can work out possible problems and issues before we meet...(in a situation such as the recent relief efforts in Southeast Asia) where both the military and humanitarian agencies are trying to operate," said Gregson.

He continued to say, it's to further enhance education on both sides and find any recommendations for Pacific Command (PACOM) on how to utilize the assets they have in the Center of Excellence, such as disaster response and peacekeeping through education, training and research.

It will also provide the PACOM commander with a body of experts to provide advice on not only how to restore areas affected by conflict but what can be done to avoid conflict if the nation is already suffering from internal difficulties, according to the MARFORPAC commander.

"Coming out of (Operation) Unified Assistance, we're trying to build on what was successful and make sure that we're successful in the future," Gregson said.

They discussed what lessons from the recent tsunami efforts could be used in the future and what could be improved

upon and what relief efforts worked particularly well during the effort.

More than 40 officers stationed here attended the event and received information on the U.N. and other NGOs.

"What I took away personally was the formation of a crisis management group seems to be the best avenue to apply the various instruments of national power in one combined effort. That means military, economic, political and industrial vices; a type of framework I haven't seen until this seminar," said Col. Michael T. Crites, Headquarters and Service Battalion commanding officer.

"We learned how the U.N. works and how to work with them," said Capt. Derek Zalenski, assistant plans officer, intelligence.

Members from the Naval Post Graduate School, Army War College and the Center for Excellence DHMA combined their efforts for this symposium.

Cheap adventures, lasting memories

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

Cheap and fun, two words I just can't get enough of and the words that happen to describe Marine Corps Community Services' Information Tours and Travel trips.

As a combat correspondent, I have the benefit of going on these trips as part of the job to inform all of you about the places to go and the people to see. As a writer, I am trained enough not to add my own opinion into each article. But now is my chance to tell you what I really think about the places I have seen and what I have done in my short time here so far.

Almost every week, I call the ITT office to check out upcoming trips that interest me and see about openings for a new adventure. One of the benefits of the ITT trips is if you happen to like to spend time alone, you can do that. You just pay for a single seat and go explore Japan on your own. For me though, I usually check to see if there are seats available so that my roommate can come too.

Each trip I have been on so far has been remarkable in its own way. Like for instance, my trip to Shunan City for the Christmas Tree Lights Festival. They had Christmas carolers, a clan of bike enthusiasts who showed special tricks to a large crowd, fashion shows, lights that twinkled along the street and to top it all off, fireworks. My favorite part of the night was when I actually got to join the people and make mochi, also known as rice cake. They just grabbed my hand and placed a putty of rice in it and I started emulating what they did. To be able to experience that piece of the Japanese culture first hand is now a great memory I have and will always remember.

Another voyage I loved was when I went to Ninnikuya, also known as the Garlic House, which I urge all of you to check out. It is this little second floor Italian restaurant that has a beach house feel to it. In this little hole in the wall, they serve the best garlic bread I have ever tasted. Not only is the food made to



Pfc. Laura Mellinger

Me, Lance Cpl. Cristin K. Bartter, on an ITT trip at the Hiroshima Peace Park Bridge after eating a delectable meal at Ninnikuya with my roommate.

perfection, their service is great too and don't worry, their menu is in English.

My latest trip was to a Noritake Factory where they make china dishes. During this trip, I actually got to go behind the scenes and see how each dish is made. They showed everyone how they start with a blob of clay and shove it through machinery and then bam - you have a dish. That dish is sent through inspections, rubbed with sponges, slapped with the Noritake emblem and painted on. (It actually takes a whole lot more than that, but you get the picture.)

When it comes to being a "crazy foreigner" here, I take advantage of the fact that, well, I am one. Whoever said that taking cheesy photos on the side of a picture-perfect bridge or in a restaurant with your friend (known as the coolest roommate on the planet) is wrong?

For most of us, our stay on this culture filled island is only for one to two years. So take advantage of that time here and check out what this place really has to offer. And while you're at it, take some crazy/funny photos and send them home to mom. She'll love them; I guarantee it.

NEWS BRIEFS

WIC OVERSEAS OFFICE MOVE

The Women Infants Children Overseas Program office has relocated to Community Services Building, Building 411, room 227. Call 253-4928 for more information.

NDTA SCHOLARSHIPS

The Honshu Chapter of the National Defense Transportation Association will award between four and eight scholarships, in amounts of \$250-\$1,000, to mainland Japan high school seniors graduating in 2005. All DoDDS high school guidance counselors in mainland Japan have the application package. The deadline for submission is May 13, 2005. Contact your high school guidance counselor for details.

CORRECTION

In the Feb. 25 issue of the *Torii Teller*, David Krievs was misidentified. Krievs is the Youth Basketball Celtics' guard.

PI DAY AT MATTHEW C. PERRY HIGH SCHOOL

There will be Pi day March 14. The cafeteria will be serving pizza pie, and in the afternoon a math competition will be held in the gym. Call Phil Carson at 253-9702 for details.

Japanese school visits Station elementary

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

Kono Elementary School, composed of 23 students from Otake City, visited M.C. Perry's kindergarten through sixth grade classes Feb. 25.

The visit was a way to allow the Kono Elementary School students to experience an American classroom and practice their English.

"This is some of my students very first experience visiting an American school and I want them to have the opportunity to be international students. This is a way to show them another culture," said Mitsue Yamawaki, principal of Kono Elementary. "This American school is more strict than my Japanese school."



Jason Vinson (left), first grader, points at the letters of the ABCs to Soichiro Okazaki, fourth grader, as they both work together in class.

The students and parents of Kono Elementary were greeted by Vicky Taylor, principal of M.C. Perry Elementary, and then were split into small groups and sent to different classes. The students spent 45 minutes in each class before they were sent to another one.

In every class the students joined in and experienced different American teachings such as, singing the ABCs, writing sentences by sounding the letters out, making ice cream floats,

playing on the computer and learning how to dance in gym class.

"This visit is very interesting because during our break time I got to play with the American kids outside and they also taught me how to play on the computer," said Keisuke Kimura, a second grader of Kono Elementary School.

Next, the visitors ate in the M.C. Perry cafeteria with the

other students. They were served an American meal consisting of spaghetti, garlic bread, peas and chocolate milk.

After lunch, the parents and students were led to the front of the school to play on different types of machinery brought by Marine Wing Support Squadron 171. The students were given Kevlar's and Flak jackets to wear as they crawled in and out of a humvee, a 7-ton truck, and forklifts.

Once the tour of the trucks was

over, the two schools said their farewells and words of thankfulness. It was a day of new experiences for both cultures.

The event allowed a community exchange with the Japanese students to be able to come into an American school and see how the teachers educate the students here, said Taylor. Overall, the culture experience with the children was a success.

Continued on this page from page 10



The Kono Elementary students crawl around in a Marine Wing Support Squadron 171 humvee, Sunday.

Gospel Choir in "Total Praise" Extravaganza

LANCE CH. CRISTIN K. BARTTER
Combat Correspondent

The Iwakuni Gospel Community Worship Choir hosted the 2nd Annual Gospel Extravaganza, "Total Praise," at the Marine Memorial Chapel, Sunday.

Gospel Choir Iwakuni, King's Chapel Iwakuni, Lighthouse Church and the Gospel Community Worship Choir were the voices that lifted the spirits of Station residents with songs of worship.

"This is a time for everyone to come together to a Gospel concert," said Navy Lt. Carla M. Barry, Gospel Community Service chaplain. "I think that hearing Gospel music and the meaning of Gospel makes people happy. The Japanese love Gospel music and we do too."

The first choir to perform was the Gospel Choir of Iwakuni. They sang two songs, "Because of who you are" and "Lord I believe."

Following them was the King's Chapel of Iwakuni who sang, "My Life is in Your Hands," and then performed a Gospel Hula Dance to "Above All."

"We all just really feel that this is a time we can all just celebrate the Lord," said Mayumi Nakaue, pastor of King's Chapel Iwakuni.



Willis E. Barry, minister of music, sings a solo with the choir at the 2nd Annual Gospel Extravaganza, "Total Praise," Sunday.

The next performers to take the stage were the choir members of the Lighthouse Church who sang, "Amazing Grace." Their voices boosted everyone making many of them dance in front of their seats and clap to the beat.

Evangelist Arma Barry, the founder of Women of Worship and visitor from Faith Temple Pentecostal Church in Kosciusko, Miss., took the stage next singing, "Falling in love with Jesus."

After her song, the Gospel Community Worship Choir, led by Willis E. Barry, minister of music, sang

"He Reigns," "Have You Heard," "How Excellent," and "On the Battlefield."

The sweet melody of Ayumi Fujisato on the harp was next as she had everyone at the edge of their seats as they watched her string each note with precision. Her talent was commemorated with a standing ovation.

The night ended with a final and memorable performance from the Gospel Community Worship Choir who sang, "Trouble Don't Last Always," "O Come Let Us Adore Him," "I Will Praise Your Name," and "Total Praise."

Although this is only the second concert, the Marine Memorial Chapel is planning to have it every year.

"We are hoping that this will become an annual event," said Carla. "We are the only Gospel service here for miles."

Seeing all of the choirs come together in unity is what this event is all about, said Carla.

"I came out to hear just what I heard, good Gospel music. A lot of great choirs singing and the word of God were in this building and that is the reason I came," said Master Gunnery Sgt. Kenneth Lee, Marine Wing Support Squadron 171, maintenance chief.

"Overall, the night was a success. If you sat in your seat, you were not in this church tonight," said Lee.

Drill instructors settle down in Iwakuni

LANCE CH. LUKAS J. BLOM
Combat Correspondent

Imagine living with a former drill instructor. Everything would probably get done on a real tight schedule, because the former DI most likely spent half the day counting down from 20. Conversations would be considerably louder and meals would last a mere five minutes. Now imagine living with two former drill instructors, some would think there would not be a moment's rest.

For two Station residents, Staff Sergeant's Randy Scifo and wife, Rosalia Scifo, this scenario is everyday life; the only thing is most people's preconceptions on how the two former drill instructors must operate would be completely wrong.

The Scifos, who have been married for more than seven years, both served as DIs at Marine Corps Recruit Depot Parris Island from 2001 to 2004; Randy for 1st Battalion, B. Co., and Rosalia for 4th Battalion, P. Co.

"Both of us were working anywhere from 95 to 158 hours a week," said Randy. "We had to make time for each other wherever we could. There would be a lot of days where the only time I would see her was on the parade deck when we were both marching our platoons and we'd shoot each other a quick glance."

"The time we spent together during an average week could literally be measured in hours," said Rosalia. "We cherished every minute we had off together."

Dedicating most of their time to recruits, each producing seven platoons of new Marines, they both have Marines they have created all over the Marine Corps.

"They give you a saying that the senior drill instructor is supposed to take care of you, he actually did," said Lance Cpl. Chris D. Branham, Headquarters and Headquarters Squadron K-9 military policeman, who was a recruit in Platoon 1056, B Co., where Randy was the senior drill instructor. "He always took care of us, but we didn't want to piss him off. He always said, 'I'm smarter than the average bear.'"

"She was so intense and knowledgeable, that's



Staff Sgt. Randy Scifo shakes the hand of the B. Co. commander during his and Rosalia's promotion ceremony at Parris Island, Nov. 30, 2001. The Scifos were promoted the rank of staff sergeant on the same day.

why I loved her," said Cpl. Sheena Dowd, Marine Aviation Logistics Squadron ground support equipment operator, who was the guide for platoon 4041 of P Co., where Rosalia was the heavy hat. "Whenever she said 'Really,' we knew we were in trouble."

The Drill field, being a notoriously stressful and time-consuming assignment, held many challenges for the Scifos, but as Marines they decided to adapt and overcome.

"It was very hard," said Rosalia. "We left our work at work, and tried to just focus on each other at home. There would be some days where I would catch a glance from Randy while marching my platoon and that was the only time I would see him. I always told my recruits, 'there's my five minutes of the day.'"

Along with the shared DI duty, they have also served as military policeman and MP school instructors together. They also have the same date of promotion for sergeant and staff sergeant.

The Marine Corps is an enormous part of the Scifos life. This is where they met and where they have planned their future together.

"We were both working on the same gate one

night as (privates first class) at Camp Pendleton," said Randy. "I bought her chow that night and the only way I would let her pay my five bucks back was to take her out. Six months and two combined arms exercises later we went to McDonald's. I finally got my date."

Both of the Scifos currently work at the Station Provost Marshal's Office, Randy as the training chief and security reaction team commander, and Rosalia as the watch commander. Both hold themselves to the same standards as they did when DIs.

"She (Rosalia) holds herself to the same level as she did in boot camp," said Dowd. "I see how she acts around her watch and treats her watch, she performs in the fleet beyond my expectations."

Randy believes DI duty is no different than his duties with the PMO.

"It's basically just good leadership and being a good staff noncommissioned officer," said Randy. "It's a big misconception that once someone is a DI they're always going to be like that. I mean there's no pit out back, so I won't be pitting anyone soon."

Now the Scifos are not DIs they get a chance to spend more time with each other and return to a regular schedule.

"She knows the duty roster so I can't say I'm pulling extra duty and go hang out with the guys," Randy said jokingly.

Although their three years at Parris Island were difficult, both agree that another tour as drill instructors is definitely something they are interested in.

"I love training recruits. If I don't have any other orders I'm headed back," said Rosalia. Where many others have failed, the Scifos have been able to maintain a successful marriage in the midst of focusing on their successful careers in the Marine Corps.

"Every thing we've done in the Marine Corps has made our relationship so much stronger, we appreciate each other much more," said Rosalia.

Successful recruiters needed to volunteer for return tours

CHL. DAVE BONI
Combat Correspondent

Calling all recruiters, calling all recruiters, your skills are in dire need.

In order for the Marine Corps to enhance its current recruiting mission, former successful recruiters with the additional military occupational specialty of 8411 are encouraged to volunteer for a return tour on recruiting.

According to Marine Administrative Message 073/05, return tours will be a standard three years following completion of school. Marines are allowed to apply for an extension beyond three years once they are six months from the end of their tour. Marines will also be afforded the opportunity to

request a lateral move to career recruiter.

"The Marine Corps did not make its recruiting mission in January for the first time in about seven years," said Gunnery Sgt. Ronald Mix, Headquarters and Headquarters Squadron career planner. "Now Headquarters Marine Corps is asking for former successful recruiters to help the Marine Corps out a second time." For those Marines interested, Mix said the incentives offered will be well worth their efforts.

"Marines will be able to compete for meritorious promotions, duty station of choice after their tour is over and possibly lateral moving into the career recruiter MOS," he said.

For more information, contact your Unit's career counselor.

INSPECTOR from Page 2

constantly adding and deleting items. Since the space allocation in the stores for certain commodities are limited, old items have to be deleted for the new replacement. Not all items that are deleted are dead items just phased out but with justification and demand can be entered into the system unless the manufacturer completely discontinued the item.

Q: How come there are a lot of items in produce that I cannot get from the US?

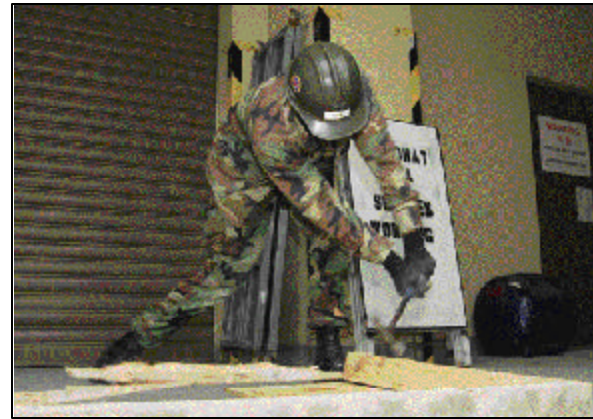
A: The Government of Japan has put out a list of items that are not allowed into the country due to various reasons. We have, however, tried and substituted with local products and encourage patrons to try them or ask questions. We have a list of these items available for patrons to see located on the bulletin board in the Produce Department.

If anybody has any additional questions or comments please feel free to contact me or any other DeCA employee at one of the following: Kalani Patsel, Store Administrator 268-6898/5586/4873 kalani.pastel@deca.mil or stop by our office located in the back of the store where sodas and chips are sold.



Photo courtesy of Seabees

A Seabee deployed to Iraq smooths out a patch of concrete during their project to build a launching pad.



Pfc. Mark Fayloga

A Seabee smashes a piece of wood apart at the Southside Post Office, Feb. 18.



Photo courtesy of Seabees

From small jobs to big jobs, Seabees are known for getting the job done. Their legacy was first established in 1941 and continues to grow with every construction site completed and every mission met.



Pfc. Mark Fayloga

ABOVE: Petty Officer 3rd Class Steven W. Connely, Navy Mobile Construction Battalion 40 steel worker, drives a crowbar into place at the Southside Post Office here, Feb. 18. BELOW: The Seabee Memorial stands in an Arlington, Va. cemetery and reads, "With willing hearts and skillful hands, the difficult we do at once, the impossible takes a bit longer. With compassion for others, we build, we fight for peace with freedom."

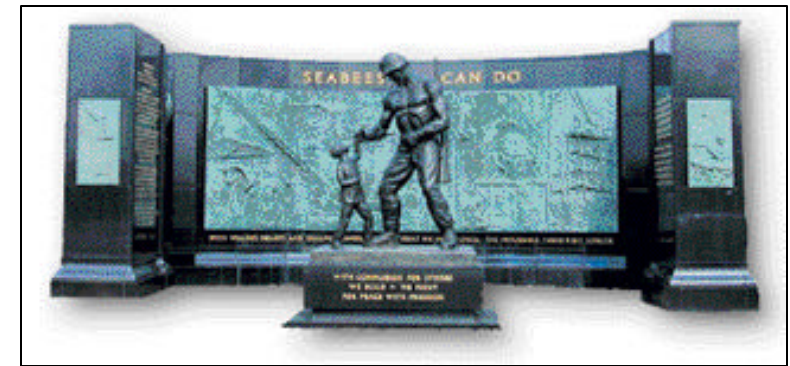


Photo courtesy of Seabees



Photo courtesy of Seabees

Seabees and contractors carefully remove the historic display Seabee from its pedestal in front of Camp Moscrip, Iraq. The metal bee was originally placed there by NMCB-4's B. Company in June 1982.

Celebrating 63 years of faithful service

STORY PROVIDED BY SEABEES

What is a Seabee? The official answer is derived from the initials "CB." It means construction battalion, which is in the simplest terms what they are. A battalion of specialized construction workers. The CB signifies their motto; "Construimus Batuimus" Which literally means, "We Build, We Fight."

During World War II, civilian contractors were already deployed to enemy occupied locations to construct airfields, hospitals and base camps. The enemy found them easy targets, as they were not allowed to carry arms. To better protect this valuable asset and develop a defensive construction force, Rear Adm. Ben Moreell, Chief of Navy's Bureau of Yards and Docks, was given permission to develop his plan and create construction battalions.

The earliest Seabees were recruited from the civilian construction trades and were placed under the leadership of the Navy's Civil Engineer Corps. Because of the emphasis on experience and skill rather than on physical standards, the average age of Seabees during the early days of the war was 37.

So what does the name "Seabee" mean? The "Sea" part is easy; they were formed from the Navy. The "bee" needs a little more explanation. "We Build, We Fight." They build first, and foremost they are construction workers, masters of their individual trades, builders, steel workers, equipment operators, construction mechanics, construction electrician,

utilities and architect engineers. Secondly, "We Fight." They stay busy, working hard, until they need to defend themselves. Like a bee, a Seabee will stay busy working without distraction until provoked. They will always defend what they build and those they support.

From the island hopping of World War II and the cold of Korea, to the jungles of Vietnam, to the mountains of Bosnia, and to the deserts of Afghanistan, Kuwait and Iraq, Seabees have built entire bases, bulldozed and paved thousands of miles of roadway and airstrips, and accomplished a myriad of construction projects.

More than 82,500 men served with the Seabees in World War II, fighting and building on six continents and more than 300 islands. In the Pacific, where most of the construction work was needed, the Seabees landed alongside Marines and immediately went to work performing at their best.

With the general demobilization following the war, the construction battalions were reduced to 3,300 men on active duty by 1950. Between 1949 and 1953, Naval Construction Battalions were organized into two types of units: Amphibious Construction Battalions and Naval Mobile Construction Battalions further defining the Naval Construction Force.

The Korean Conflict saw a call-up of more than 10,000 men. The Seabees landed at Inchon with the assault troops. They fought enormous tides as well as enemy fire and provided floating causeways within hours of the initial landings. This eliminated

the gap between ship and shore to offload valuable fighting equipment.

Following Korea, the Seabees embarked on a new mission, Civic Action Teams. Immediately, these teams provided assistance in the wake of a devastating 1953 Greece earthquake. This began a long-standing mission to provide construction work and training to underdeveloped countries. These "Goodwill Ambassadors," when not constructing, supported schools, orphanages and clinics in remote parts of the world.

Construction battalions weighed heavily in Vietnam, calling up nearly all of its reserve force to support. Once again, they fought alongside Marines, building camps, dropping forests for perimeters and constructing barricades and obstacles. After Vietnam, the Seabees concentrated on building and repairing Naval bases in Puerto Rico, Japan, Guam, Greece, Sicily and Spain.

In 1971, the Seabees began their largest peacetime construction on Diego Garcia, a small island in the Indian Ocean. This 11-year project, at a cost of \$200 million dollars, provided a port to accommodate the Navy's largest ships and a strategic airfield to handle military cargo. This base served as a launching point in August 1990 for several operations to support Operations Desert Shield and Desert Storm.

During the Gulf War, more than 5,000 Seabees (4,000 active and 1,000 reservists), served in the Middle East. In Saudi Arabia, Seabees built 10 camps for more than 42,000 personnel; 14 mess halls

capable of feeding 75,000 people; and six million square feet of aircraft parking apron.

Seabees were on the ground during Operations Enduring and Iraqi Freedom building and repairing. The AMPHIB Battalions worked to offload two divisions worth of personnel and material over the shore. Mobile Construction Battalions were at the tip of the spear creating openings in sand berms for units to direct their attack. Their primary mission was to bring a sense of order back to the people of Iraq by rebuilding hospitals and schools, and providing power, water and sanitation to villages or towns.

Seabees have recently participated in the massive humanitarian effort as created by the earthquake and tsunami off the shores of Indonesia.

Seabees are making a difference here in Iwakuni. They help to maintain the facilities and infrastructure required for the Station to continue meeting its mission. As a first response team after typhoons, they ensure the Station is safe for personnel to return to normal working conditions as well as clean up from the aftermath. They construct quality of life projects to support Station interests.

For more than 60 years, the Seabees have repeatedly demonstrated their skills as fighters and builders. From the islands of the Pacific to the sands of Iraq and Kuwait, they have built and fought for freedom. In peacetime, they have been goodwill ambassadors. In peace and in war, they maintain the standard: "The difficult we do at once, the impossible takes a little longer."

A simple bow can mean so much

COMPILED BY THE TORII TELLER STAFF

Bowing is a simple gesture, which expresses humility, respect, appreciation, regret and honor in Japan. While simple to do, the act is hard to master. According to authors James M. Vardaman and Michiko Sasaki-Vardaman in *Japanese Etiquette Today: A Guide to Business and Social Customs*, "Bowing is the most important of all Japanese forms of nonverbal communication to master." An example of this importance is the many hours new company employees spend practicing bowing and formal greetings.

There are basically three types of bows to the Vardamans. The first is the informal bow, which is the most common and is done by leaning forward about 15 degrees. The informal bow is used whenever two people meet in casual situations.

The second type is the semiformal bow. This bow is used in business etiquette between two workers and their bosses or employees and guests. For this bow, people keep their feet together and bow forward about 30 degrees and hold it for about one second. When using a semiformal bow, people place their hands at their sides.

The final type of bow is the formal bow, which is used for ceremonies and expressions of great appreciation and gratitude. For these situations, people keep their feet together and lean forward 45 degrees or more and hold this position for about three seconds. For men their hands are kept at their sides while the women place their hands in front of them at their legs.

Another common situation when bowing is appropriate is when accepting gifts or certificates. When presented with a gift or a certificate such as a diploma, Japanese people do a formal bow and accept the gift or certificate with both hands. They then take a step back and bow again before leaving.

Bowing is done standing, never sitting. The only exception is when people are kneeling on tatami mats for example during a tea ceremony. There are two types of bows when kneeling on the floor.

The first is a semiformal bow where people put their hands in front of them and touch their fingers to the floor in front of their knees. They then lean forward about 45 degrees and hold the position for about one second.


The second is a formal bow where people again put their hands in front of them and touch their fingers to the floor in front of their knees. This time they lean forward and touch their head to their hands and hold the position for about three seconds. They also keep their buttocks down, not in air.

It may seem petty and difficult to do a proper bow. In fact, many Japanese people practice bowing for hours when they learn martial arts or intend to partake in a tea ceremony. No matter how one looks at it, a proper bow makes a good first impression.

Proper Bowing Techniques


Informal Bow

Lean forward about 15 degrees while keeping your hands pressed against the side of your legs. Use this bow in casual situations such as meeting a friend




Semi-Formal Bow

Lean forward about 30 degrees while keeping your hands pressed against the side of your legs. Use this bow in business etiquette between two workers and their bosses or employees and guests.



Formal Bow

Lean forward about 45 degrees while keeping your hands pressed against the side of your legs. Use this bow during ceremonies and expressions of great appreciation and gratitude. This bow should be held for about three seconds, and women's hands should be placed in front of them on their legs.



OUT THE GATE

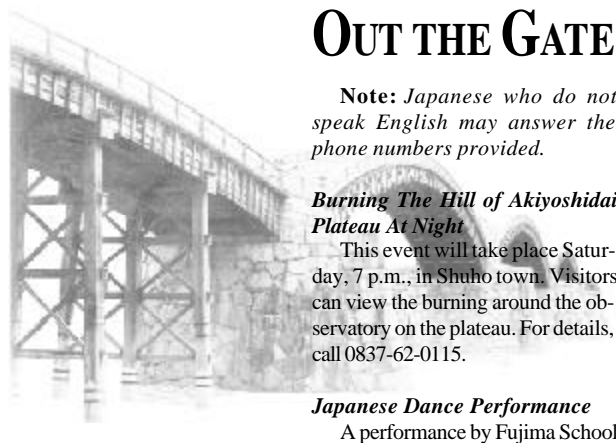
Note: Japanese who do not speak English may answer the phone numbers provided.

Burning The Hill of Akiyoshidai Plateau At Night

This event will take place Saturday, 7 p.m., in Shuho town. Visitors can view the burning around the observatory on the plateau. For details, call 0837-62-0115.

Japanese Dance Performance

A performance by Fujima School



of Japanese Dance will take place at Sinfonia Iwakuni Sunday, 12:30-5 p.m. Visitors can also enjoy performances by Japanese drums and other Japanese musical instruments. Admission is free. Call 43-1157 for more details.

Hina Doll Cast Away Ceremony

This event is scheduled by the Ryogoku Bridge in Otake City, Sunday at 10 a.m. People will shape carriers from straws and girls will cast away their hand made hina dolls on them. This ceremony will be held in order to wish the girls happiness and health. It will not be cancelled

due to rain. For more details, call 53-5800. There also will be Girls' Festival at Mizubenogattuko, near Kono Elementary School in Otake City at the same time. Call 53-3409 for further information.

Yamaguchi Flea Market/Antique Market

There will be a flea market and an antique market at the Kameyama Park, located in front of the Prefectural Museum in Yamaguchi City, Sunday, from dawn till 3 p.m. It may be cancelled in case of inclement weather. Call 083-927-5599 for more details.

TORII TELLER CLASSIFIED ADS

To submit your ads or announcements: *Torii Teller* accepts ads/announcements from nonprofit organizations and groups only. Briefs run on space-available and time-priority basis. Deadline for briefs is noon Thursday. *Torii Teller* reserves the right to edit to fit space. Stop by Building 1, Room 216 to fill out a form.

AUTOMOBILES

Honda Civic, 1989, 4 doors, sun roof, P/S, P/B, A/C, AM/FM radio, runs well, JCI until January 2006, \$800 obo. Call Jose Santiago at 253-4622 dwh or 253-2437 aw.

Toyota Townace, 1995, 8 passenger, runs great, CD player, clean, great for family car, JCI until May 2005, \$2,300. Call Leilani at 253-2970.

Nissan Serena, 1991, 8 passenger van, dual sun

roof, P/S, P/W, P/B, P/L, climate control front and rear, runs well, JCI until May 2006, \$2,400 obo. Call Jose Santiago at 253-4622 dwh or 253-2437 aw.

Harley Davidson Ultra Glide Classic, 1988, many extras, JCI until April 2005, \$7,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

Kawasaki ZX9R, 1994, 900cc, experienced bike, extras included, JCI until Oct 2005, \$1,300 obo. Call Maj. Braund at 253-4343

dwh or 253-5705 aw.

OTHER ITEMS

Misc., barely used bike, brand new in October, light, basket, U-lock, helmet, reflective belt, available March 10, \$100 obo; 2-month-old cell phone, charger, cost \$60 new, will take best offer. Call Lt. Cmdr. McFarland at 253-4624 dwh or 253-7288 aw.

Misc., Pi tower speakers, \$250. Call Mark Parsons at 080-3274-8282.

JOB OPENINGS


Torii Tunes (253-2555)
Part time position is available at Torii Tunes. Pick up application at Soundshop in MCX.

CHRO
English instructors for Japanese employees are needed. For details, call Keiko Hironaka at 253-4344 or send e-mail to hironakak.jp@iwakuni.usmc.mil.

New Parent Support Program
Administrative assistant, with high school diploma, good computer skills and experience in office administration, is needed. Call 253-6553 for more details.

What will I look like at 100?

Abbey Crisco, 6, a first grader at M.C. Perry Elementary School draws a picture of what she thinks she will look like when she is 100. The first graders completed their 100th day of school, Feb. 23. In an effort to teach the young students the value of 100, they did hands-on exercises throughout the day such as making crowns, drawing pictures, making necklaces out of froot loops and doing physical exercises.



Lance Cpl. Lukas J. Blom

MOVIE SCHEDULE

SAKURA

FRIDAY - 7 p.m. Elektra (PG-13); 10 p.m. Closer (R)

SATURDAY - 1 p.m. Racing Stripes (PG); 4 p.m. Beyond The Sea (PG-13); 7 p.m.; Elektra (PG-13); 10 p.m. White Noise (PG-13)

SUNDAY - 4 p.m. Racing Stripes (PG); 7 p.m. Closer (R)

MONDAY - 7 p.m. Life Aquatic With Steve Zissor (R)

TUESDAY - 7 p.m. Beyond The Sea (PG-13)

WEDNESDAY - 7 p.m. Elektra (PG-13)

THURSDAY - 7 p.m. In Good Company (PG-13)

This schedule is submitted by the Sakura Theater and is subject to change. For show times call the Sakura Theater at 253-5291.

FRIDAY - 11 a.m./5 p.m. New York Minute (PG); 2 p.m./8 p.m. The Cookout (PG-13); 11 p.m./5 a.m. Witness (R); 2 a.m. Under Siege 2 (R)

SATURDAY - 11 a.m./5 p.m. Peter Pan (PG); 2 p.m./8 p.m. The Forgotten (PG-13); 11 p.m./5 a.m. Van Helsing (PG-13); 2 a.m. Scary Movie 3 (PG-13)


SUNDAY - 11 a.m./5 p.m. A Cinderella Story (PG); 2 p.m./8 p.m. Surviving Christmas (PG-13); 11 p.m./5 a.m. Witches Of Eastwick (R); 2 a.m. Tears Of The Sun (R)

MONDAY - 11 a.m./5 p.m. Double Take (PG-13); 2 p.m./8 p.m. Thunderbirds (PG); 11 p.m./5 a.m. Mr. 3000 (PG-13); 2 a.m. U.S. Marshals (R)

TUESDAY - 11 a.m./5 p.m. The Rookie (G); 2 p.m./8 p.m. Indiana Jones: The Last Crusade (PG-13); 11 p.m./5 a.m. Cellular (PG-13); 2 a.m. Tango And Cash (R)

WEDNESDAY - 11 a.m./5 p.m. School Of Rock (PG-13); 2 p.m./8 p.m. Papparazzi (PG-13); 11 p.m./5 a.m. Exorcist: The Beginning (R); 2 a.m. The Butterfly Effect (R)

THURSDAY - 11 a.m./5 p.m. Secondhand Lions (PG); 2 p.m./8 p.m. Friday Night Lights (PG-13); 11 p.m./5 a.m. Collateral (R); 2 a.m. Twelve Monkeys (R)



COMMUNITY BRIEFS

CHRO

CHRO Training

- **Family Member Local Employment Orientation**: Wednesday, 8-9 a.m.
- **RESUMIX**: Wednesday, 9:30-10:30 a.m.
- **Outbound Family Member Priority Placement Program Brief**: Wednesday, 11 a.m. to 12 p.m.
- **Supervisor's Role in Human Resources Management**: April 11-14, 8 a.m. to 4:30 p.m. For more information and nominations, call 253-6828 or send e-mail to shiomuram.jp@iwakuni.usmc.mil. Classes will be held at CHRO training room. Building one, Room 102.

MCCS

Club Iwakuni

- **Wine Tasting Seminar**: A free seminar on wine tasting is held today, 5:30 p.m. at the Club Iwakuni Eagle's Nest Party Room. Sign-up is not required. Attendees must be at least 21 years old. Call 253-3382 for details.
- **U R A Star Talent Contest**: Tryouts are Saturday and Sunday, 10 a.m. to 2 p.m. at the Sakura Theater. The contest is March 25, 6-10 p.m. at the theater. Call 253-3727 for more information.

Single Marine Program (253-3585)

- **Sightseeing Trip to Sasebo Navy Base**: Saturday, 7 a.m. to 10 p.m. \$20 transportation fee due at sign-up. Bring yen for lunch and souvenirs.
- **Pizza Night**: Tuesday, 6 p.m. Free pizza, soda, snacks and games.

School Age Center (253-4769)

- **Power Hour Party**: Today, 4-5 p.m. Come party and discuss your successes.
- **Aquas Aquarium Trip**: March 12, 8 a.m. to 5 p.m.

MCFTB (253-3754)

- **Single & Active Duty Parent Support Group Meeting**: Wednesday, noon to 1 p.m. at Yujo Hall.
- **Prevention & Relationship Enhancement Program**: Wednesday and Thursday, 8 a.m. to 4 p.m.
- **Key Volunteer Basic Training**: Thursday, 8:30 a.m. to 4 p.m. at Yujo Hall.

MCX Home & Electronic Sale

Thursday through March 20, receive discounts on camcorders, CD micro systems and more.

Transition Assistance Program

Monday through Thursday, 8 a.m. to 4:30 p.m. Call 253-6439 for more information.

Vegetarian Healthy Cooking Class

Wednesday, 6-8 p.m. Sign-up for \$5 at the IronWorks Gym front desk. Call 253-3696 for more details.

OTHER

Japanese Language Classes for Spring 2005

The Yamaguchi International Exchange Association is sponsoring Japanese language courses for foreigners. The courses cover three months. For more information, call Public Affairs Office, Yuki Wada at 253-5344 or e-mail to waday.jp@iwakuni.usmc.mil

Get Together

The Japanese American Society invites all to their monthly get together at the Atago Community Center, next to Max Value, Tuesday, 7-9 p.m. There will be light snacks, door prizes and a short cultural presentation and activity. Children are welcome. Transportation can be provided. For more information, stop by the JAS office in Building 261, call 253-4771 or send e-mail to jasiwakuni@mx5.tiki.ne.jp

Nihongo de...

日本の小学校が基地の小学校を訪問

木野小学校（生徒数23名、大竹市）の児童、教員、保護者が2月25日、M.C.ペリースクールの幼稚園から6年生までのクラスを訪問した。

この訪問で、木野小学校の児童は英語の練習やアメリカの学校の雰囲気を体験できた。

「アメリカの学校を訪問するのは、うちの児童にとって今回がほとんど初めての経験だと思う。これを機会に国際的な人間になってほしい。今回の訪問で別の文化を教えることができた。」と、木野小学校の山脇未津江校長は話す。

「ペリースクールは私の学校より厳しいと感じた。」

木野小学校の児童と教員・保護者はM.C.ペリー小学校のビッキー・テイラー校長に迎えられた後、グループに分かれていろいろなクラスを見学した。各クラスを45分ずつ見学し、次の教室へ移動した。

どの教室でも、木野小学校の児童は授業に参加し、いろいろな体験をした。例えば、コンピュータを使った授業やアイスクリームフロート作り、ABCを歌ったり、文字の発音を聞いて文章を書いたり、体育の授業で踊りを習うなどした。

「今日の学校訪問はとてもおもしろい。休憩時間にアメリカ人の子供たちと外であそんだり、コンピュータの使い方を教えてもらったりしたから。」と木野小学校、2年生の木村圭佑君は話した。

クラス訪問の後には、M.C.ペリースクールのカフェテリアでアメリカ人の子供達と一緒に昼食。この日のメニューはスパゲッティ、ガーリックブレッド、グリーンピース、チョコレートミルクだった。

昼食後は、海兵第171師団支援中隊（MMS171）がペリースクール前に展示した重機を見学した。重機見学後、木野小学校はM.C.ペリースクールにお礼をいって別れた。この日、日本とアメリカの両文化が新しい経験をした。

「この訪問によって、日本の児童はアメリカの授業を見学できた。全体として、日本の子供達との文化交流はうまくいったと思う。」とテイラー校長は話した。

This story is a translation of the top of page 4 text. Text is in English on the original page.

The students from both cultures sat together and enjoyed an American meal consisting of spaghetti, garlic bread, peas and chocolate milk.

M.C.ペリースクールのカフェテリアで昼食を一緒に食べる日本の子供達。この日のメニューはスパゲッティ、ガーリックブレッド、グリーンピース、チョコレートミルク。



Lance Cpl. Cristin K. Barter

Mess Hall Lunch Menus

Week Of March 7-11

Monday – Seafood Newburg, Country Style Steak, Oven Glo Potatoes, Macaroni and Cheese, Hush Puppies, Broccoli Combo, Wax Beans
Tuesday – Lasagna, Roast Pork, Mashed Potatoes, Toasted Garlic Bread, Whole Kernel Corn, Mixed

Vegetables, Chicken Gravy, Cheese Biscuits
Wednesday – Baked Tuna Noodles, Bratwurst with Sauerkraut, Garlic Roasted Potatoes, Carrots, Mixed Vegetables
Thursday – Split Pea Soup, Chicken Parmesan, Italian Sausage, Buttered Pasta, Oven Browned

Potatoes, Eggplant Parmesan, Cauliflower Gumbo, Alfredo Sauce, Marinara Sauce
Friday – Bean Soup with Cured Ham Hock, Chicken Gumbo, Southern Style Fried Catfish, Chicken Cacciatore, German Griddle Cakes, Candied Sweet Potatoes, Southern Style Greens



M. C. Perry School Lunch Menus

Week Of Feb. 7-11

Monday – Meatloaf, Crispy Potato Wedges, Cinnamon Toast, Awesome Applesauce, Fresh Fruit, Milk
Tuesday – Cheese Pizza, Carrot & Celery Sticks, Ranch Dressing, Seasoned Green Beans, Fruit, Milk
Wednesday – Fish Sticks, Tater Tots, Dinner Roll, Seasoned

Green Beans, Cookie, Milk
Thursday – Chicken Nuggets, Crispy Potato Wedges, Garden Salad, Ranch Dressing, Awesome Applesauce, Milk
Friday – All Beef Hot Dog on a Bun, Carrot & Celery Sticks, Baked Beans, Cheddar Crackers, Chilled Peaches, Milk

CHAPEL RELIGIOUS SERVICES

Roman Catholic

Saturday
 4:30 p.m. Confession
 5:30 p.m. Mass
 Sunday
 8:45 a.m. Mass
 10:05 a.m. CCD

Protestant

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

Cooperative Chapel Ministries

Wednesday
 6:30 p.m. AWANA Children's Program
 3rd Saturday
 8 a.m. Men's Fellowship Breakfast
 1st Thursday
 6 p.m. Protestant Women of the Chapel

LAY LED RELIGIOUS SERVICES

Jewish

Friday
 6 p.m. Shabbat Service

Seventh-Day Adventist

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

Episcopal

Sunday
 7 p.m. Worship Service

Church of Christ

Sunday
 10:30 a.m. Worship Service

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.

Meditation benefits Station

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

“Place your hands a comfortable distance away from your body. Take deep breaths, very slow, very controlled; release all of the tension in your body. Feel the cold air fill your bellies and the hot air flow out.”

Yoga classes at the Marine Corps Community Service IronWorks Gym, are offered Mondays from 11:45 a.m. to 12:45 p.m., Tuesdays from 6:15 to 7:30 p.m., Wednesdays from 9 to 10:30 a.m., Thursdays from 6:15 to 7:30 p.m., and Fridays from 5:30 to 6:30 a.m.

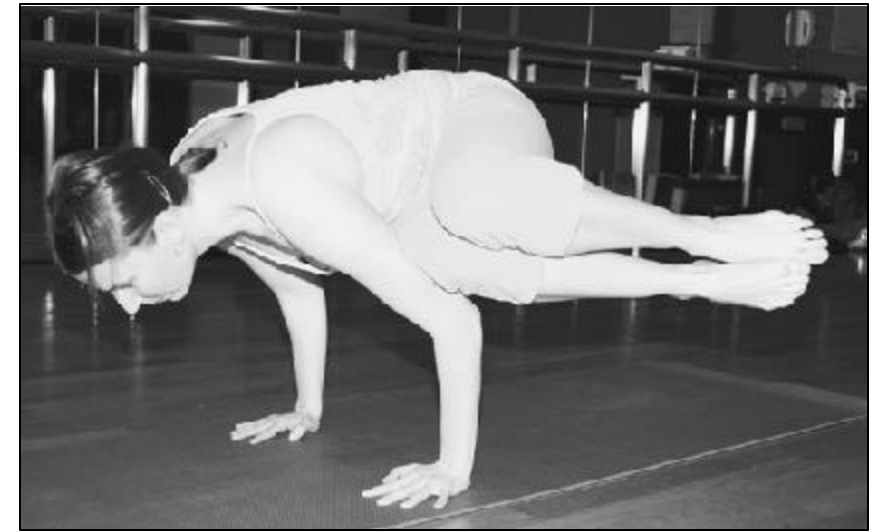
“The art of meditation has been around since the beginning of time,” said Sara Perez, IronWorks Gym fitness instructor and massage therapist. “Anytime you sit by yourself and start to get lost in a thought, it is a form of meditation.”

Yoga is much more than contorting into positions a person never thought were possible, it is like a breath of fresh air for the body, after the class a participant actually feels more awake, said Grady A. Capper, Electronic Attack Navy Squadron 142, ordnance supervisor.

With yoga, physically, a practitioner can develop better strength, balance and flexibility, said Perez. Mentally, yoga significantly reduces stress; it brings inner peace and provides the path to finding oneself.



TOP: Yoga class participants at the IronWorks Gym pause on the modified warrior three pose to get the full effect of the position. RIGHT: Perez, relaxing in a comfortable sitting position, takes a moment at the end of each class for the students to sit and meditate.



Sara Perez, IronWorks Gym fitness instructor and massage therapist, demonstrates a more advanced yoga move that is a modified version of the crow position.

Yoga is also known for helping such ailments like chronic back problems, limited range of motion and illnesses. The benefits are truly beyond belief.

“I’m a big lifter and yoga has helped me with my flexibility and core,” said Jonathan W. Haley, Headquarters and Headquarters Squadron, air traffic controller and yoga enthusiast. “It has prevented me from some serious injuries.”

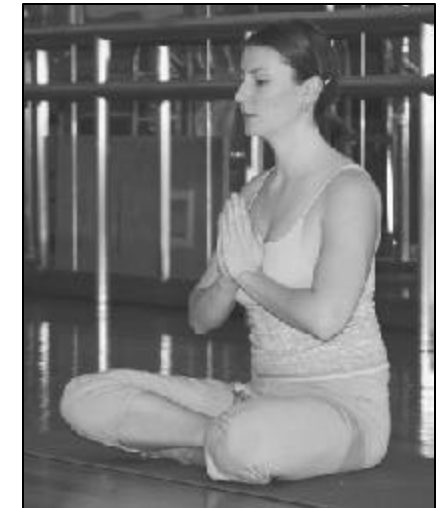
For some individuals, yoga has helped them spiritually. Yoga is not biased to one specific religion, but open to all religions.

“If you’re Christian, you can put a Christian belief into it,” said Perez. “It doesn’t have to be the Hindu religion. It can be whatever you want to put into it, your own personal spirituality. It’s connecting with you and finding yourself.”

Station residents who are interested are welcome to all of the classes.

“Yoga is open to everybody; big, small, lots of flexibility, no flexibility,” said Perez. “You will find yourself challenged by your own body no matter who you are. Anybody can come in and take the class.”

For more information on the yoga classes provided, contact the IronWorks Gym at 253-6578.



IWAKUNI SPORTS SCENE

ADULT GYMNASTICS CLASS

Saturdays, 11 a.m. to 1 p.m. Classes cost \$50 per month and are held in the IronWorks Gym Aerobics Room. For further information, call 253-6883.

FAMILY APPRECIATION BOWLING DAYS

Saturday, and March 19, 1-5 p.m. All games cost \$.75. Call 253-4657 for details.

TORII PINES HOURS OF OPERATION

Effective Monday, the golf course is open Monday-Friday from 8 a.m. to 8 p.m. and Saturday, Sunday, and holidays from 7 a.m. to 6 p.m. Call 253-3239 for more details.

INVITATIONAL RACQUETBALL

Coaches and players meet Wednesday, 9:30 a.m. in the IronWorks Gym

Wellness Room. The tournament is March 19, 9 a.m. Call 253-5777 for more information.

VOLUNTEER SWIM COACH

The Tsunami Swim Team seeks a volunteer coach to assist in leading practices and to attend swim meets. Someone with a competitive swimming background is preferred however, no coaching experience is necessary. Call 253-4966 for details.

HAWAIIAN-STYLE HEALTH & FITNESS FAIR

Saturday, 11 a.m. to 3 p.m. at the IronWorks Gym Sports Courts. See martial arts and gymnastic demonstrations, participate in a 2.5 or 5-kilometer fun run, receive free health screenings, and enter a drawing for trips to Space World, Universal Studios, and more. For more information, call 253-6359.

Faith takes Far East tournament

STORY AND PHOTOS BY
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The Small School Far East Boy's Basketball Tournament was held at the IronWorks Gym here, Feb. 21 through 25.

Walking away with the championship title was the Vanguard of Faith Academy in an exciting overtime victory over St. Paul's Christian Warriors, 51-46.

The double elimination tournament featured 11 teams from Japan, Korea, Guam and the Philippines. The Station's own Samurai basketball team placed fourth in the competition.

Through four days of competition, only two teams remained in the hunt for the prized title.

"The competition was tough, but we had a pretty good feeling we would be one of the teams in the finals," said Kirk Long, Vanguard's guard.

The championship game tipped off at 12 p.m., with the closely matched teams fighting for each point.

The Warriors began to find their groove on the court and went on a scoring spree, putting them on top of the Vanguard by seven points.

After a brief time out by the Vanguard, they regained their composure and began to eat away the seven-point deficit. When the halftime buzzer sounded, the score was tied at 23.



E.J. King Cobras' Keith Sampson attempts to slam the ball during the slam dunk contest of the Skills Challenge during the Small School Far East Boy's Basketball Tournament at the IronWorks Gym, Feb. 25.

Taking the court for the third quarter, the Warriors were determined to regain the lead they had held through out most of the first half. Behind the leadership and sharp ball handling of Tyler Smith, Warriors' guard, the Warriors began to recapture the lead.

Down by as much as 10 points in the fourth quarter, the Vanguard took a time out to reassess their game plan.

"We had to keep our cool," said Long. "We were down, but we still stuck together."

The Vanguard stormed the court with aggressive defense and precise shots.

With 10 seconds remaining in the game, the Vanguard's bench and crowd went wild when Drew Burdick, Vanguard's post, sunk a lay-up over three Warriors defenders to tie the game at 43.

The Vanguard kept the momentum they built up throughout the end of regulation play and dominated the Warriors in an 8-3 scoring spree.

"It was so intense," said John Bright, Vanguard's guard. "They were great competition, but in the end we came together as a team."

Before the championship game even began, each team selected their best player to partake in the Skills Challenge activities; free throw challenge, three-point challenge, slam-dunk contest and ball-handling contest.

Representing the Seoul International Tigers, Dan Park, guard, won the three-point contest sinking 14 shots from behind the arch in one minute, while Alex Rhie, also of Seoul center, took home the trophy in the slam-dunk contest.

On behalf of the International Christian Guardians, Josh Choi, guard, smoked the competition in the ball handling contest scampering through the obstacle course in a blazing time of 56.34 seconds.

Shooting with deadly precision, Sam Seaborn, Faith Academy Vanguard's guard, won the free-throw challenge sinking 19 of 20 shots.

"The tournament turned out great," said Kevin Crone, tournament organizer. "We had great teams here this year. They all did well and played hard. I hope it goes this well next year."

The 2006 Small School Far East Boy's Basketball Tournament will also be held at IronWorks Gym here.



ABOVE: Faith Academy Vanguard's John Bright elevates over St. Paul's Christian Warriors' Tyler Smith in overtime during the championship game. BOTTOM: Bright sharply changes directions to go through the cone obstacle course.

