

# Torii Teller

VOLUME 50 NUMBER 9

MARINE CORPS AIR STATION IWAKUNI, JAPAN

MARCH 11, 2005

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### Iwakuni's future discussed

Residents on and off the Station walk together to assess problems in the city.



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### Island showcases rich culture

One of the most sought after sites in Japan, Miyajima Island offers visitors a glimpse into Japan's past.



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### Healthier lifestyles a stretch

More than 300 guests of the annual health conscious fair enjoyed a wide variety of activities and demonstrations in order to promote healthier living.



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## Marines fire away at Bull Dozer

Pfc. MARK FAYLOGA  
Combat Correspondent

**CAMP FUJI, Japan** — Marines from Marine Wing Support Squadron 171, currently deployed to Operation Bull Dozer, participated in a machine gun familiarization fire exercise at Combat Range One shooting range, March 1.

During the exercise, Marines practiced communication between the gunner and the assistant gunner, and moving from target to target. Each Marine fired 50 rounds from a .50 caliber machine gun and 50 rounds from a M-240G machine gun.

"The goal of this exercise was to give our Marines a chance to sit behind the weapons, build confidence and get more familiar with them," said Staff Sgt. Stephen E. Graham, MWSS-171 construction foreman.

"This exercise was important because it helped a lot of the Marines brush up on their skills with the weapons," said Lance Cpl. Gerardo G. Garcia, MWSS-171 combat engineer. "Marines who are a part of the wing don't get as much time on the range as Marines in division or group."



Pfc. Mark Fayloga

**Pfc. Adam M. Daller, Marine Wing Support Squadron 171, combat engineer, chambers a round during a machine gun familiarization fire exercise at Camp Fuji.**

Being deployed to Fuji has allowed MWSS-171 to participate in several exercises and training operations they couldn't do in Iwakuni, but the Marines have also had to deal with the climate change.

According to Graham, the snow shouldn't have had too much of an effect on the Marines other than reminding them Marines need to be prepared to fight in every climate and place.

"The toughest part of the exercise was keeping your concentration in the snow, while your hands and feet were numb," said Garcia. "MWSS-171 needs

more time on the range and this deployment has been very useful in giving us a chance to perform weapons training," he said.

"It's been five months since I was out on the range, and I think we should get out at least once a month," said Cpl. Antonia Campbell Jr., MWSS-171 basic electrician. "I think it's a good thing that we have the ISMT (Individual Simulated Marksmanship Trainer) back in Iwakuni to help us familiarize ourselves with the weapons even though we're not actually firing, but it doesn't com-

pare to sending real rounds down range."

Campbell also said this exercise was great for Marines to polish their basic fighting tactics and weapon maneuvers. He added it's rare MWSS-171 gets a chance to fire any weapons, let alone the .50 cal. and M-240G.

"I learned how to more efficiently operate the .50 cal. and the M-240G than I did before, and it was awesome to get to shoot the M-240G without a tripod," said Garcia. "I really enjoyed this exercise because it's been such a long time since I fired down range."

## Hand over heart - Corps honors flag correctly

LANCE Cpl. CRISTIN K. BARTER  
Combat Correspondent

The Marine Corps has recently recognized that when in civilian attire standing at the position of attention while the national anthem is playing is not in keeping with Marine Corps Order P5060.20, Drill and Ceremonies Manual.

The order states that individuals, when in uniform and covered, will render the appropriate salute (hand, rifle, etc.) Persons not in uniform will stand at the

position of attention, face the flag and place the right hand over the heart. If wearing a cover, they will remove it with the right hand and hold it at the left shoulder, so that the right hand is over the heart.

"Through the years the order just kind of disappeared," said Sergeant Maj. David M. Allison, Marine Corps Air Station Iwakuni sergeant major. "When I went through boot camp that is what I was taught. Over the years it had just dropped off of the page. The good thing is they finally put it back in the new Drill and Ceremonies Manual."

Along with honoring the flag with the hand over the heart in civilian attire, the manual has also specified changes by going more in depth into specific facts.

In the old manual, people had to assume certain sequences of events and read between the lines, said Allison. The new Drill and Ceremonies Manual is cut and dry, and more detailed. It lays everything out from start to finish and explains how things need to be done.

Because of the recent attention to the order, see **FLAG** Page 5

## No evidence of fraud or misuse in travel card information loss

JIM GARAMONE  
American Forces Press Service

**WASHINGTON** — About 900,000 Defense Department employees may be affected by Bank of America's loss of government travel card information, Pentagon officials said today.

The General Services Administration and Bank of America notified DoD that GSA "SmartPay" travel cards are affected. Officials said Bank of America has been

monitoring the affected accounts and there has been no evidence of fraud or misuse of the accounts.

Bank of America is sending letters to affected employees. "Information regarding travel card program accounts for individual card holders has been lost, and it is possible that information has been compromised, though we don't believe that is the case," said Teresa McKay, the Defense Department's deputy chief financial officer.

see **TRAVEL** Page 5



Torii Teller

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# New chaplain (kid) on the block

CHAPLAIN AL CONCHA  
Command Chaplain

My name is Alfonso Concha, a Navy chaplain, a Catholic priest and I am the new 'kid' on the block! You may call me Chaplain Al or Father Al or simply 'padre.' I am glad to join the Marine side of the house for the next two years. I just reported to Marine Corps Air Station Iwakuni Japan February 18, 2005 and along with the base chaplains Barry and Coates, we are ready to know you better and to 'serve' you more.

I transferred from a very small island called Diego Garcia in the British Indian Ocean Territory. I wonder if you have heard about it, but it is was an excellent experience. It was not just the place (about 90 degrees everyday) but also the people who made it a very successful one-year unaccompanied tour. It is my gut feeling that this place is going to be

the same, and even better. There are more people and more available options to enrich us including (of course) learning about the Japanese culture and language. Like many of our new comers, I attended the Command Indoctrination classes and we have learned the basic activities and regulations in and out of base.

I hope you may find that the Marine Memorial Chapel and the chaplains are ready to support you. "Where can I find this or where can I go" are the typical questions for people arriving to any new base. Well, you have to wait no more. Every individual person aboard base may be able to answer your questions.

However, if you wish to learn more about the good Lord and his blessings upon us, please contact your chaplain.

Perhaps you are interested about participating in a 'personal' enrichment experience in church sponsored retreats. Maybe you are looking for

bible studies or to join a choir. You wish to have your child baptized or confirmed or simply you may have a very personal question. It is your chaplain who may offer you a 'confidential' counseling at anytime. Maybe you have plans to meet new friends and may consider a future marriage to a local Japanese national. Again, chaplains may be able to offer some insight and expertise in a private conversation.

It is amazing to know that the good Lord makes plans beyond our personal plans. For some reason, we all happen to be here at this time, and we have to face different challenges in our lives. In the Christian world, Easter is approaching soon. Perhaps it is the time to search for a better meaning in your life or you are looking for a sense of peace. Whatever decisions you may take, look for help.

Your chaplains are ready to know you better and to 'serve' you more.

## Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS  
Station Inspector

**Q:** Is there a civilian dress code policy for civilians and dependents residing or working on Marine Corps Air Station Iwakuni?

**A:** Dependents of armed forces personnel, Department of Defense civilians and their dependents, Federal employees and their dependents, contract civilians and their dependents who fall under Marine Corps Bases Japan/III Marine Expeditionary Force are asked to abide by the spirit and intent of Marine Corps Bases Japan Order 1020.2A, Civilian Clothing Regulations, which regulates civilian attire for all service members who fall under Marine Corps Bases Japan's purview.

Specifically, that civilian clothing should be worn in good taste and not in conflict with accepted attire of the host country. As general guidance, civilian clothes should reflect the style, fit and neatness of the Service 'C' uniform. The order clarifies the following civilian clothing regulations:

Shower shoes, also termed 'flip-flops,' booties and bare feet are not appropriate and are prohibited away from living quarters except for wear to and at the beach or pool.

Shirts/blouses will be clean, serviceable and worn in the same manner as the uniform service shirt. A neat appearance will be achieved with all shirts/blouses being tucked in the trousers, shorts or skirt except for Hawaiian styles or any style that is too short to tuck in but must still reflect a neat appearance. Prohibited as outerwear are all tank top style shirts/jerseys, halter tops, tube tops, swim suit tops and see-through mesh tops.

Trousers should be clean and serviceable with a belt, if belt loops are present. Excessively oversized trousers or shorts do not reflect a neat appearance. Shorts will reflect a respectable and conservative style of neatness and decency and will not be revealing in style. Soiled, frayed, torn or excessively faded items are not appropriate. Also prohibited are trousers that expose any portion of the underwear or buttocks as well as those that are excessively 'baggy' or hanging off the buttocks.

Clothing which has been cut or otherwise worn in a manner to present an abbreviated covering or sexually provocative appearance is prohibited. Specifically prohibited are articles of clothing where the midriff is exposed.

Any garment bearing designs, insignias, patches or print that may be interpreted to be directly and clearly derogatory to any ethnic, racial, religious group, to any military service or nation, or to the flag, logo or symbol of any nation is prohibited.

## CHATTERBOX

Question: "Who is the most influential woman in your life?"



Lance Cpl. Brian Dandridge Stafford, Va.

"Definitely my mother. She raised me and stood beside me in everything I did."



Gunnery Sgt. Jeffrey Fleming Milwaukee

"Absolutely my mother. It all started and began with her. Without her guidance and strong hand I wouldn't be here."



Sgt. Jonathon K. Smith Salem, Ill.

"My wife, she keeps me out of trouble and takes care of me."



Maj. Daniel J. Simons Strykersville, N.Y.

"My Mother, she taught me the value of a good education."

# Sixth graders go after world record

LANCE Cpl. CRISTIN K. BARTTER  
Combat Correspondent

A sixth grade Matthew C. Perry Elementary School class constructed an 8-foot-8-inch stand-alone pyramid in 10 days out of straws and string with the hope of capturing a spot in the Guinness Book of World Records.

Cynthia L. Whitney's class is in the process of applying for a world record with "The Tallest Free-Standing String and Straw Pyramid." Every year Guinness receives around 65,000 proposals and it usually takes about four to six weeks for a response.

The process of submitting a world record consists of a series of questions in different categories including age, disability and/or medical conditions, and the largest example of an everyday object.

After the questions are answered,

they have to submit an essay on their record, which must include information about who was involved, how it was done and other key facts.

"The kids were the ones who said, 'Hey let's see if we can have a record!'" said Whitney. "So, we looked up the Guinness Book of World Records and now we are trying to fill it (the application) out."

"We looked it (anything that resembles their creation) up on the internet to see if they had anything like this in the Guinness Book of World Records and there isn't," said Michael Erhart, M.C. Perry Elementary School English as a Second Language instructor. "So now we are going to see if we can make one."

The pyramid starts off as a combination of six straws that are tied together to make a triangle that is tied to another



Lance Cpl. Cristin K. Bartter

The Matthew C. Perry sixth grade class decorate their Wonder of the World with hieroglyphics on brown paper.

small triangle and so on until it forms a medium pyramid. Then they tied the medium pyramids together to make one large pyramid.

The construction took more than just string and straws, said Whitney. It took a lot of patience and a knot-tying skill that was provided by Dirk L. Parker,

a sixth grader in the class and avid Boy Scout.

"The knot that I taught the class was the square knot," said Parker. "I used that knot because it is sturdy, pretty easy to untie and it won't slip."

At first the kids took a long time trying to tie each straw together, said Erhart. The more time they spent tying knots each day, the more experience they got and eventually they transformed it in to an assembly line.

The pyramid has gotten a lot of attention from not only the students in the class but also from the school, parents and service members, said Whitney.

It is a project that not only taught the kids about Egyptians and Math, but also as a way to have hands-on fun for the students.

"It was exciting to make and was the one part of the day we all looked forward to," added Marcus J. Allen, sixth grader.

## Our commitment to unwavering professionalism

LT. GEN. BRUCE A. WRIGHT  
Commander, U.S. Forces Japan and Fifth Air Force

An unwavering commitment to the highest levels of professionalism will always be the foundation of what we do, and more important, who we are. It is a privilege and honor to return to Japan, and I appreciate the warm welcome that you have given my family and me.

We are looking forward to this assignment and the many opportunities it offers to develop and improve the Japan-U.S. security relationship. Moreover, we are looking forward to meeting and working with each of you, the members and supporters of our command.

This is my fourth assignment in Japan, and it is clear that our mission in support of the defense of Japan and peace and stability in the Asia-Pacific region is a mission that requires the consistent and combined efforts of all U.S. forces in Japan, working together toward a common mission. Our mission success hinges on how effectively we can jointly and seamlessly interoperate, with each other, and with our Japanese military counterparts.

Those who attended my change of command ceremony heard me speak briefly on the subject of professionalism. It is useful for all of us that I offer a few more insights into my command philosophy – that is, how I intend to lead our command, and most important, what I expect from those of you who are assigned to or support our command. My command philosophy boils down to two words: unwavering professionalism.

To put my beliefs in context: each of our uniformed services has core values. Collectively, these values include such characteristics as integrity, service, excellence, honor, courage, commitment, loyalty, duty and respect. These values are founded on what the majority of us believe and can be further boiled down to two main principles that support the concept of unwavering professionalism: moral commitment and technical proficiency.

When I say moral commitment, I am talking about consistently doing the right thing, both in terms of what society expects of us, as well as what we should

expect of ourselves when we look in the mirror. When we joined the military services, we all swore an oath to support and defend the Constitution of the United States. In making that oath, we affirmed and committed ourselves to defending a way of life and a set of beliefs – because our Constitution not only defines our system of government, but also our national character as a free and democratic society whose citizens enjoy a wide array of rights, privileges and responsibilities – thanks in large part to the protection that we provide to our nation and its interests at home and abroad.

So the commitment we continue to make as defenders of the Constitution is a lasting one: it is an obligation that we must meet 24/7, on or off duty, on and off our installations, in our professional and private lives. And it requires us to be consistently committed to upholding the highest principles of our profession of arms, and remaining loyal to these principles, even when they may seem unpopular or inconvenient. That's moral commitment. If you see a relation between moral commitment and leadership, it's no coincidence. Technical proficiency is even easier to understand, and, again, it applies to how the majority of us operates. It's about making a commitment to being the most competent individual you can be – both in your professional and personal conduct – and it's about taking that competency and applying it to helping others within the command reach our common objectives.

Most important, however, unwavering professionalism means taking these two principles – moral commitment and technical proficiency – and making them an integral part of our daily lives, and then regularly demonstrating it in leading by example every day, all the time, no matter who may or may not be around to see us.

After more than 30 years of serving in the armed forces, I am convinced that we will succeed beyond our highest expectations if each and every one of us adopts a commitment to these two principles of unwavering professionalism.

If some of this is new to you, that's okay. You now know about your new commander's "code of conduct" see COMMITMENT Page 5

## NEWS BRIEFS

### CHILI COOK-OFF

The senior class of Matthew C. Perry High School will be holding a chili cook-off in the Crossroads Mall March 19, 11 a.m. to 3 p.m. For a \$25 donation, individuals or teams can submit a pot of chili to be judged by the community. Anyone wishing to judge the chili may buy a ticket for \$5. A trophy will be awarded to the first place winner. Deadline to enter a pot of chili is Thursday. For more information, call Debbie Allison at 253-2255.

### UMUC REGISTRATION

Registration for University of Maryland University College Term IV 04-05 is Monday through March 25. Students must take a placement test prior to registering for Math and English. Courses include: History, Astronomy with a lab, and Technical Writing. Stop by Community Service Building, room 110, or call 253-3494 for more information.

### CORRECTION

In the "Lejeune, Puller, Basilone, Daly expected to visit Station" article of the March 4 edition of the *Torii Teller* it was stated that the new set of stamps would be issued by the U.S. Postal Service in May. The set will not be released until Nov. 10, to coincide with the Marine Corps Birthday.

# Judge Advocate takes interns to trial

LANCE CPT. LUKAS J. BLOM  
Combat Correspondent

The Station Judge Advocate Office invited 22 Japanese law interns to sit through and observe a mock special court-martial at the Station courtroom, March 3.

Marines from SJA acted out the roles of judge, accused, defense attorney and prosecutor while the interns sat in as the jury.

"There are quite a few differences between the Japanese legal system and our own," said Maj. George Cadwalader, Station deputy SJA and the judge during the mock trial. "The biggest difference is they don't use a jury. They're going to go to a jury system eventually. The decision has been made to go to a jury system, but the only question is how."

The Japanese legal process currently grants the verdict finding and sentencing power solely to the judge. The Japanese legal community plans on implementing the jury into their judicial processes in 2010.

To educate future Japanese lawyers and judges on the jury system, SJA invites groups of interns to come aboard the Station four times per year and demonstrates how the Uniform Code of Military Justice utilizes jury members.

The mock trial kicked off at 10 a.m. with the pretrial hearing. The mock trial depicted a young private first class being charged with unauthorized leave and wrongful use of a controlled substance.



Lance Cpl. Lukas J. Blom

**The Station Judge Advocate Office held a mock special court-martial for Japanese legal interns to demonstrate how the Uniform Code of Military Justice utilizes a jury.**

During the pretrial, the accused plead guilty to all charges while the translator explained the process to the jury of interns.

The sentencing hearing was the next and most anticipated event of the day. The 22 interns were split into 3 juries so they would all get the chance to experience being on a jury.

Though the accused had already admitted his guilt, the jury was required to determine a fitting punishment for the crime and suggest it to the judge.

After bringing in witnesses and alibis for both sides of the case, the three juries were given a mere

30 minutes to deliberate.

Each of the juries discussed the situation up until the last seconds when Cadwalader called the court to order.

Each of the juries came back with very different sentences for the accused; varying from confinement, forfeiture of pay and allowances, reduction in pay grade and all the way up to a bad conduct discharge.

"You all seem to be reasonable people, well versed in the law, but you can see how different each of you're sentences were," said Lt. Col. Charles W. Stubbs, Station judge advocate.

Following a short discussion of the results, the interns were treated to lunch at the Club Iwakuni

Ballroom with the Marines from SJA. Furthermore, they were given a presentation by the Provost Marshal's Office K-9 unit, Naval Criminal Investigation Service and taken to a static display of an F/A-18C.

"I think the best part of this is to get the interns involved by sitting as jury members," said Cadwalader. "It makes it for a much more enjoyable and interesting experience for them (interns) and forces them to make a decision on the case. It's just a great way to get them involved in the whole process."

# Station residents, students discuss Iwakuni face-lift

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

Two Station residents alongside postgraduate students from Hiroshima University, Hiroshima Industrial University and Hiroshima Prefecture Women's University surveyed the Kusunoki District of Iwakuni in an effort to search out revitalization ideas from different points of view.

"Our main goal was to assess problems and opportunities and come up with suggestions for a plan of change," said Brian Hall, community resident and workshop participant.

The day's events began by

splitting up the students and volunteers into three groups that would each make their own assessments of the aging district.

"We took an area of Iwakuni that has been problematic from a city planning standpoint, and review it and see if there's anything that can be improved for residents of the city and region as a whole," said Hall, a former city planner for Salt Lake City.

The groups stepped off to survey the district on foot at 10 a.m.

Each group, being led by community leaders, visited the four different neighborhoods encompassed by Kusunoki.

With digital cameras in hand, the surveyors snapped shots of anything they felt could be improved from a city planning view, whether residential, business or industrial.

"The densities were certainly something most Americans aren't used to," said Hall. "How can

you make a change where there is such dense populations of homes and businesses right next to each other. To make any changes, they're going to have to take some of these homes and businesses out. Obviously that's a pretty problematic situation."

Upon completing their survey of the district, they returned to the Kusunoki Community Center to analyze their findings. All the participant's photos were printed and given to everyone to view and discuss. They were then given a large sheet of paper and pads of sticky notes to write down all the suggestions they had for the district.



**Students of Hiroshi Mano (right), Hiroshima Prefecture Women's University professor, make a suggestion on a map of the Iwakuni's Kusunoki District during a city planning survey, March 2.**

The main areas of opportunity discussed were roads, houses, streetscapes, lifestyle and open spaces. The groups also delved into sections used for regional development, areas the city is lacking in as well as treasures the city may hold.

"It appears this program may have some impact because it has been sponsored by the Japanese government," said Hall. "In the end, like most planning projects, it comes down to public

support and money."

This workshop was designed to examine and suggest measures to improve the residential area constructed by the sprawl development of the 1950s.

"This is one of the things that makes my experience in Japan so much richer because it helps me get out into the community and meet local people," said Hall. "I never thought I would have a chance in Japan to get involved in the city planning process. It's a unique opportunity and I'm thrilled I found out about it."

More stories of the story found on page 5.

# Military spouses dare to dream in workshop

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

Follow Your Dreams While You Follow the Military, a workshop for military spouses, was held at Yujo Hall, March 1, as part of the Spouses Learning Series provided by the Marine Corps to all Marine spouses.

The free workshop, which was open to all Station spouses, focused on how to live a happy and successful life while dealing with the many challenges and stresses the military lifestyle often presents.

"If everything in your life were perfect, what would your life look like," said Holly Scherer, one of the facilitators of the Follow Your Dreams workshop. "If you're able to envision

this, you can take a lot of good from it. Set goals that will take you closer to that vision, you've got to have somewhere to move forward to."

Scherer, a military spouse of 20 years, along with Kathie Hightower, military spouse of 26 years, provide this one-day workshop to spouses of active-duty service members in an effort to make their life with the military a fulfilling experience.

"The reason we developed this workshop is because early on as military wives, we were not happy," said Hightower, who has gone through 19 moves while married to a service member. "So, we've done a lot of research on how to change that. We want people to know there are so many resources out there. We want to save people from figuring out this lifestyle the hard way. We're in this together."

The workshop emphasized having fun at home as well as at work, and focused on the stress relieving and energy gaining quality of simple joys and pleasures. Hula-hoops and slinkys were brought out for the workshop students to amuse themselves.

"An office without a

toy is like a computer without software," a famous quote from Tom Peters, in which the facilitators used throughout the workshop.

The workshop also shed light on how the spouses could keep focus on their interests and hobbies while still supporting their spouse.

"I was surprised on how much we should focus on ourselves and our interests. Sometimes we get lost in other peoples activities and forget about ourselves," said Yvonne Groen, workshop student and military spouse.

The workshop was closed with each student writing down three goals they want to accomplish in the next month on an index card and placing it in an envelope addressed to them. The envelopes will be mailed back to the students in one month.

"When you receive these back in a month, it will feel like you got a letter from God," said Hightower. "It's an

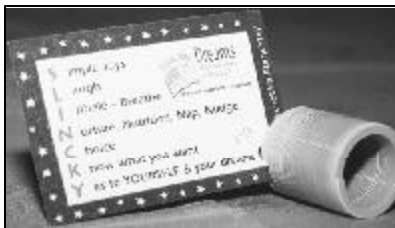
amazing thing. It gives you a chance to really see if you accomplished your goals."

The Follow Your Dreams While You Follow the Military Workshop is scheduled to visit nearly every base in the Marine Corps throughout the year. They will then assess the results and determine if the program will be expanded.

"Having a chance to share our dreams and goals with each other was a great feeling," said Groen. "We all have dreams inside ourselves, but know we can be more accountable in achieving them."



**Kathie Hightower leads the students in reach for the sky stretches during the Follow Your Dreams While You Follow The Military workshop.**



**The Follow Your Dreams While You Follow the Military; a workshop for Military Spouses, held it's day-long course for Station spouses at Yujo Hall, March 1.**

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essary changes have been established to make sure all military personnel adhere to it.

Marine Corps Recruit Depot's Parris Island, S.C. and San Diego have transitioned the new instructions into their class procedure so the correct order is taught to incoming Marines, said Allison.

Military personnel need to take the time to go

through the new manual so uniformity is accomplished; everyone needs to get on the same page, said Allison. It will take some time for everyone to get acquainted to using the fairly new manual, but it has a lot of good information in it that service members need to be aware of.

Most service members on Station just realized they have been doing it wrong.

"I was really surprised when I got an e-mail noti-

fyng me about the order," said Lance Cpl. Casey C. Palka, Marine Fighter Attack Squadron 212, F/A-18 mechanic. "I have been in the Marine Corps for over a year and have been honoring the flag incorrectly for the longest time. I'm glad I was told the correct way to honor the flag when the national anthem is played; my hand will go over my heart when I am in civilian attire."

TRAVEL from Page 1

The U.S. Secret Service is conducting the investigation, with help from the Defense Criminal Investigative Service. Officials said that although there has been no evidence of criminal activity, release of details on the circumstances of the loss could jeopardize the investigation.

"Indications right now are that it is an accidental event," McKay said. "The bank has been monitoring the accounts involved from the onset, and to date there has been no indication of fraudulent activity."

The information is personal cardholder information — names, Social Security numbers, addresses and account numbers — on magnetic tape. The loss occurred in late December. GSA notified DoD on Jan. 19. McKay said the delay was necessary to protect the integrity of the investigation.

"The bank is in the process of notifying cardholders of the situation," McKay said. "They will be given a special customer ser-

vice number that has been set up by the bank specifically for this purpose. If (cardholders) have any questions, they can contact the bank. If they would like, they may request that the bank cancel the card and reissue a card to them."

McKay added that consumers should always keep an eye on any credit accounts they have. "It's always prudent for any cardholder to monitor their monthly statements (and) dispute any charges they may question, and also it's important for all of us to get a credit report at least once a year and look at the content of that report," she said.

Bank of America has set up a hot line for those affected. The number is (800) 493-8444. Cardholders who notice irregularities in their accounts should call the Bank of America at the 800 number printed on the back of their cards, McKay said. "If you are an affected cardholder, you may contact Bank of America for information on obtaining a free credit report," she added.

COMMITMENT from Page 3

for U.S. Forces, Japan. We can accept no less — from ourselves or our counterparts in the profession of arms. There is absolutely no doubt almost every single member of U.S. Forces, Japan, understands and lives by the standards I have described.

For the very few who choose a different path, I will not abide standards that our force cannot and will

not accept. Those who cannot find the self-discipline to maintain the standards of our profession will not be tolerated within our ranks.

Thank you for your unwavering professionalism. The nation we serve, the allies we team with, and the tremendous responsibilities we are given to guarantee the credible combat capability of the U.S.-Japan Security Alliance demand no less.

## Nonjudicial Punishment

**Week of Feb. 28, 2005**

Rank: Private  
Violation: Article 92, underage drinking  
Punishment: Forfeiture of half month's pay for two months, 45 days restriction, 45 days extra prescribed duties.



**An Iwakuni resident of Kusunoki District rakes his garden while Station volunteers and post graduate students from Hiroshima survey the district to make city planning suggestions to community leaders.**



Cpl. Dave Boni



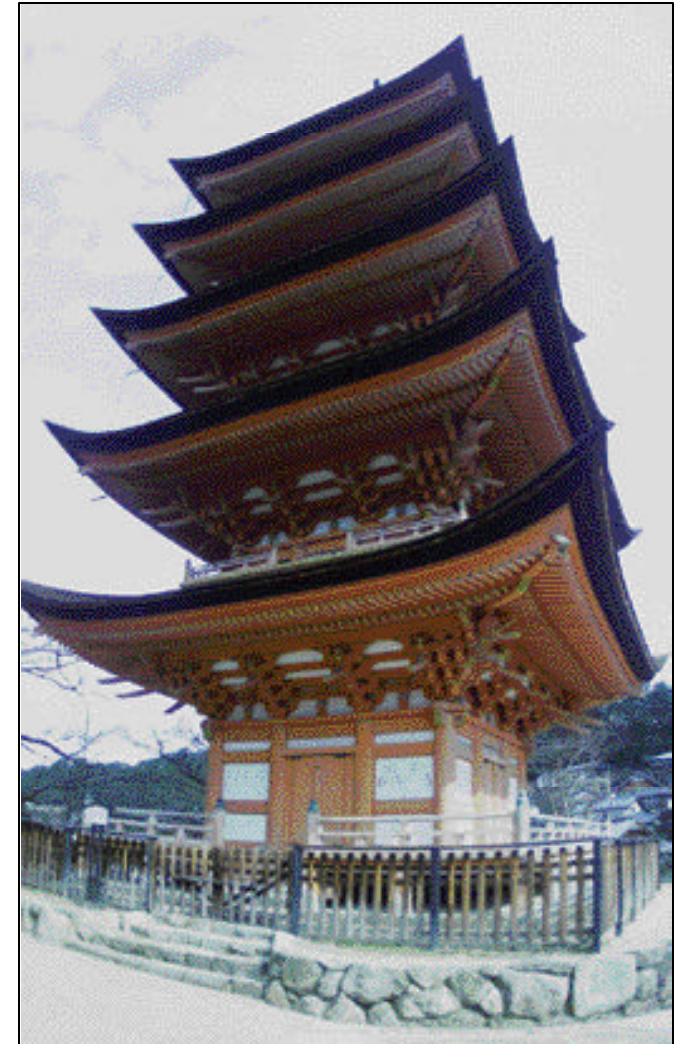
Cpl. Dave Boni

TOP: A Japanese women lights a candle in prayer while visiting Miyajima Island. The island offers anyone an opportunity to practice their Shintoism and Buddhism faith. BOTTOM: Miyajima Island offers both a religious and fun experience for the whole family. Located at the base of Mount Misen, the island awards visitors with breathtaking sites dating back centuries.



Cpl. Dave Boni

The massive O-Torii Gate is one of the first attractions visitors see while taking the ferryboat to the island. This Torii, the eighth one built since the Heian Period (794-1192), was constructed in 1875. The gateway leads to the Itsukushima Shrine, one of the most famous temples in Japan.



Cpl. Dave Boni

A five-story Pagoda, stands for all to see at Miyajima Island. The Pagoda was built in 1407 and is just one of many beautiful attractions on the island.

# Beautiful island showcases rich culture

CHL. DAVE BONI  
Combat Correspondent

Miyajima Island, located just a short train ride from the Station, is one of the many must-see tourist attractions while being stationed in Japan.

A beautiful, sacred site of both Shintoism and Buddhism, Miyajima is also a daily hub for festivals, events and camera-toting visitors. Rich with Japanese culture, the island offers a serenity most have never seen before.

While on a common excursion to the island, a visitor will first have to purchase a ferryboat ticket that will bring them to the island. A round trip ticket by train costs 980 yen, which also includes the ferry. Once on the island, deer can be seen roaming around. The deer are harmless and can be fed food bought from a vendor.

After making a path through the

deer area, the shopping district is the next stop where patrons can pick up a few souvenirs or try one of the many restaurants offering Japanese cuisine.

"I came to Miyajima for the shopping alone," said Anne Fujii, a Japanese resident. "The prices aren't bad, and they have collector items that I can't seem to find anywhere else."

Along the road the O-Torii Gate appears, emerging from the water. This massive Torii is the eighth one built since the Heian Period (794-1192). The gateway leads to the Itsukushima Shrine, one of the most famous temples in Japan. The temple offers visitors an opportunity to tie a prayer (a small piece of wood with a prayer written on it) to the shrine in hopes of it coming true. The temple is also used for ceremonies such as samurai demonstrations.

Further down the road more temples appear as well as a five-story

Pagoda, built in 1407. The island also offers an aquarium that has sea lion shows throughout the day.

The city of Miyajima is located at the base of Mount Misen. About half way up the mountain, trams are available. A round-trip ticket costs 1,700 yen and provides an aerial view of the island and access to Monkey Park.

Monkey Park is an observatory that provides excellent viewing opportunities of the local area and wild monkeys. There are many hiking trails based at the park, including one that leads all the way to the top of the mountain and Mount Misen Observatory.

According to Taeko Yokoyama, Marine Corps Community Services Marine and Family Services Division youth cultural coordinator, service members here need to take advantage of the various events that occur

throughout the year on the island.

"Miyajima is the site for annual events such as the Fire Walking Festival, Oyster Festival, Fireworks Festival and many other events and festivals that are fun for the whole family," she said.

Yokoyama also said experiencing the Japanese culture will only benefit a service member's tour here.

"I believe it is a lifetime opportunity," she said. "By experiencing and knowing other cultures in the world, you will be able to understand and respect their unique ways. In the process, it will open your mind to break stereotypes about other cultures. It brings a great feeling to learn something new and the fascination never ends. I hope service members and their families go out and have wonderful times while they are in Japan."



Official Torii Teller photo

ABOVE: There are many temples and shrines in Miyajima still decorated the way they were when first built. RIGHT: By hanging their wishes in the yards of temples and shrines, the Japanese believe certain gods will answer their prayers.



Official Torii Teller photo

# Wine tasting impresses Station palates

STORY AND PHOTOS BY  
LANCE CIL, CRISTIN K. BARTTER  
Combat Correspondent

Station residents enjoyed the bittersweet tastes of different wines at the 4th Annual Winter Wine Tasting Festival at the Club Iwakuni Ballroom, Saturday.

Representatives and vendors from around the globe gathered to enlighten the palates of over 200 guests with a diverse selection of wines ranging from places like America, Australia and Argentina.

"We bring in different vendors from around the world with different kinds of wines; red, white, rose base, we want to give everyone a sample of wines throughout the world," said Chris R. Braswell, Club Iwakuni catering manager.

The festival began with welcoming words from Col. Michael A. Dyer,

Station commanding officer, expressing hopes for everyone present to have a good night with friends and fellow service members. With a toast of Japanese sake, everyone was permitted to take his or her wine glass and taste the wide variety of wines present.

As the night progressed, instead of focusing on the next wine to taste, Station residents focused more on getting to know their fellow service members surrounding them.

"Everyone seemed to be enjoying themselves," said Sergeant Maj. David M. Allison, Station sergeant major, and wine connoisseur. "It was a really good time for the community to get together and talk. It was more of a social gathering than anything else. Everybody was standing around talking and having a good time."

With the diverse amount of wines available; guests could get a wide variety of tastes.

"I really favored the German wines because they had a more sweet and fruity flavor to them," said Sgt. Amber Castro, Headquarters and Headquarters Squadron combat photographer.

The wines available may have been the highlight of the night, but the food was also a hit. Guests were served pastas,

sushi, crab cakes, fruit with melted chocolate, and crackers and cheese along with other treats.

"The food was fantastic," said Allison. "I tried just about everything they have out there."

For entertainment, Japanese music was played with kotos (a Japanese style harp) and a flute. The music was another additive along with the elegant décor of the ballroom that included bamboo trees, ice sculptures and soft lighting that everyone enjoyed. Compared to other wine tasting festivals, Iwakuni went above and beyond Station resident's expectations.

"Everything was really wonderful throughout the night," said Dyer. "The décor in the ballroom was more than anticipated when compared to other wine tasting festivals. It was the décor at this wine tasting that took the cake from others."



Mike Kelly (right), Military Forces International representative, pours a glass of wine for Staff Sgt. Edgar N. Duncan, Headquarters and Headquarters Squadron retail store manager, at the Wine Tasting Festival, Saturday.



Katsuki Hironaka plays her koto, a traditional Japanese instrument, in the Club Iwakuni ballroom for the 4th Annual Wine Tasting Festival.



Different wines could be purchased during the night at the Wine Tasting Festival.

## OUT THE GATE

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

### Yanai "Parasol Shop" Market

A market, selling toys, recycled items, clothes, stationeries, food and more, is scheduled Sunday, 10 a.m. to 4 p.m. along the street in front of JR Yanai Train Station. Call 0820-22-3731 for more information.

### Shukkeien Park

There will be a tea ceremony and

a peach blossoms display Sunday, 10 a.m. to 3 p.m. at Shukkeien Park in Hiroshima City. An admission fee is required. For more details, call 082-221-3620.

### Hepatica Display

There will be a display of hepatica plants at Kanmuriyama Sogo Park in Hikari City Saturday, 9 a.m. to 5 p.m. and Sunday, 9 a.m. to 4 p.m. It will not be cancelled in case of rain. Admission is free. Call 0833-74-3311 for details.

### Ink Painting Display

Visitors can view Japanese ink

paintings, called Suibokuga, a type of monochrome India ink painting, by Kason Ishida at the Iwakuni City Central Library March 18 through April 19. The library is closed Mondays and March 20. Admission is free. Call 31-0046 for details.

### Yamaguchi Prefectural Police Department Band Concert

This event will take place Saturday, 2-4:30 p.m. at the concert hall in Sinfonia Iwakuni. Admission is free. Complimentary tickets, which are available at the Iwakuni Police Department, are required. Call 24-0110 for further information.



## TORII TELLER CLASSIFIED ADS

To submit your ads or announcements: *Torii Teller* accepts ads/announcements from nonprofit organizations and groups only. Briefs run on space-available and time-

priority basis. Deadline for briefs is noon Thursday. *Torii Teller* reserves the right to edit to fit space. Stop by Building 1, Room 216 to fill out a form.

### AUTOMOBILES

**Nissan March**, 1996, 2 door, auto, A/C, AM/FM/cassette, JCI until April 2005, \$1,100. Call Paul Feldmann at 253-5074 dwh or 253-2029 awh.

**Toyota Townace**, 1995, 8 passenger, runs great, CD player, clean, great for family car, JCI until May 2007, \$2,300. Call Leilani at 253-2970.

**Alfa Romeo 145**, 1997, 5 speed FF, 124,000km, European handling, comfort with hatchback practicality, powerful, reliable, JCI until July 2006, \$6,000 obo. Call Matt at 253-4385 dwh or 090-9508-0183.

**Toyota Celica**, 1994, JCI until July 2006, \$2,000 obo. Call Gene Garland at 253-3419 dwh or 253-2132 awh.

**Mazda, MS-8**, 1995, 4 door sedan, auto, A/C, new tires & CV joints, JCI until Sept. 2007, \$2,200. Call Paul Feldmann at 253-5074 dwh or 253-2029 awh.

**Nissan Rasheen**, 1995, 4 cylinder, new spare tire, large sunroof, JCI until Nov. 2006, \$3,500. Call George Jacoby at 090-3175-7317 or 0829-32-6677 awh.

**Isuzu Mu 4x4**, 1991, 2,800cc, 37,000km, diesel engine, great running truck, good for off-roading

fun, JCI until Aug. 2005, \$2,800 obo. Call George Jacoby at 090-3175-7317 or 0829-32-6677 awh.

**Honda 250XR Enduro**, 1999, 250cc, excellent condition, many extras, bought for \$2,700 last year, JCI until Aug. 2005, \$1,700. Call Maj. Lukehart at 253-4606 dwh or 253-2338 awh.

**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 awh.

**Honda Nighthawk**, 1995, 750cc, red & black, no JCI, \$500 obo. Call MGYSGT.

Jackson at 253-3549 dwh or 253-2986 awh.

### OTHER ITEMS

**Misc.**, love couch and seat, 1 year old, paid \$1,300, excellent shape, \$700; Japanese wooden Tansu. Call Cynthia O'Donnell at 253-2778.

**Misc.**, JVC DVD player, requires s-video cable, \$30; new Lamaze mobile, retail \$50, \$25; Whozie toys, for all retail \$50, \$15; car seat, \$5. Call Tina at 253-2498.

**Misc.**, blue 27" bike, barely used, brand new in October, light, basket, U-lock, helmet, reflective belt, \$100 obo; 2 month old cell phone with charger, cost \$60 new, will take best offer ASAP. Call Lt. Cmdr. McFarland at 253-4624 dwh or 253-7288 awh.

### JOB OPENINGS

**CHRO**  
English instructors 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 details.

## Here Kitty, Kitty...



Lance Cpl. Cristin K. Bartter

Devon, 6, (left) and Mallory Kirby, 9, cut the ribbon at the grand opening ceremony of the Sanrio Hello Kitty section in the Marine Corps Exchange.

## MOVIE SCHEDULE

### SAKURA THEATER

**FRIDAY** - 7 p.m. Coach Carter (PG-13); 10 p.m. Assault on Precinct 13 (R)

**SATURDAY** - 1 p.m. Racing Stripes (PG); 4 p.m. In Good Company (PG-13); 7 p.m.: Assault on Precinct 13 (R); 10 p.m. Closer (R)

**SUNDAY** - 4 p.m. In Good Company (PG-13); 7 p.m. Coach Carter (PG-13)

**MONDAY** - 7 p.m. Assault on Precinct 13 (R)

**TUESDAY** - 7 p.m. Coach Carter (PG-13)

**WEDNESDAY** - 7 p.m. The Life Aquatic With Steve Zissou (R)

**THURSDAY** - 7 p.m. White Noise (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.

### MCTV CHANNEL 19

**FRIDAY** - 11 a.m./5 p.m. Around The World In 80 Days

(PG); 2 p.m./8 p.m. The Little Black Book (PG-13); 11 p.m./5 a.m. Proof Of Life (R); 2 a.m. Ballistic: Ecks Vs. Sever (R)

**SATURDAY** - 11 a.m./5 p.m. Black Knight (PG-13); 2 p.m./8 p.m. Sky Captain And The World Of Tomorrow (PG); 11 p.m./5 a.m. Secret Window (PG-13); 2 a.m. Cape Fear (R)

**SUNDAY** - 11 a.m./5 p.m. Yu-Gi-Oh! (PG); 2 p.m./8 p.m. 50 First Dates (PG-13); 11 p.m./5 a.m. Soul Plane (R); 2 a.m. The Sweetest Thing (R)

**MONDAY** - 11 a.m./5 p.m. Beverly Hillbillies (PG); 2 p.m./8 p.m. Vanity Fair (PG-13); 11 p.m./5 a.m. The Missing (R); 2 a.m. Death To Smoochy (R)

**TUESDAY** - 11 a.m./5 p.m. Chasing Liberty (PG-13); 2 p.m./8 p.m. The Bourne Supremacy (PG-13); 11 p.m./5 a.m. Ali (R); 2 a.m. Star Gate (R)

**WEDNESDAY** - 11 a.m./5 p.m. Confessions Of A Teenage Drama Queen (PG); 2 p.m./8 p.m. Without A Paddle (PG-13); 11 p.m./5 a.m. Suspect Zero (R); 2 a.m. The Mexican (R)

**THURSDAY** - 11 a.m./5 p.m. The Cat In The Hat (PG); 2 p.m./8 p.m. Dodgeball (PG); 11 p.m./5 a.m. Blow (R); 2 a.m. American Wedding (R)

## COMMUNITY BRIEFS

### CHRO

#### CHRO Training

■ **New Employees Orientation**: Wednesday, 8 a.m. to 4:30 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

■ **La Fiesta**: Saturday, 7 p.m. in the ballroom. Free chips, salsa, and dance lessons. \$5 advance tickets are on sale at the Staff NCO Cash Cage. On event day, tickets at the door cost \$10. Call 253-3727 for details.

■ **NCO Appreciation Night**: Tuesday, 5-7 p.m. in the Staff NCO Club. Uniform of the day required. For more information, call 253-5416.

■ **Comedy Showcase**: Comedy Showcase starring Lahna Turner. Wednesday, free and open to all ranks in the Club Ballroom. Adults only. Doors open at 8 p.m. Show starts at 9 p.m. For further details, call 253-3727.

■ **Saint Patrick's Day Lunch Buffet in the Ballroom**: Thursday, 11 a.m. to 1:30 p.m. Featuring boiled potatoes with cabbage and lamb stew.

■ **Saint Patrick's Day Party in All Lounges**: Thursday, 5-11:30 p.m. Green beer in all lounges, open faced Reuben sandwiches, specialty drinks, hats, t-shirts and key chains.

#### MCX (253-5641)

■ **Home & Electronic Sale**: Now through March 20, receive discounts on camcorders, CD micro systems and more.

■ **Saint Patrick's Day Sale**: Thursday

#### Single Marine Program (253-3585)

■ **Domino's Tournament**: Sunday, 6 p.m. Prizes for first, second and third place winners.

■ **Halo 2 Tournament**: March 19, 6 p.m. Winner takes all. No entry fee. Sign-up.

#### Youth & Teen Center (253-6454)

■ **Sasebo Naval Base Trip**: March 19, 7 a.m. to 11 p.m. Sign-up before Thursday.

#### Stress Management Class

Wednesday, 1-2 p.m. Call 253-4526 for more information.

#### Life Insurance for Military Veterans

Wednesday, 6-8 p.m. For details, call 253-6439.

#### Ten Steps to Federal Employment

Thursday, 1-3 p.m. Learn effective writing and formatting tips for federal job applications. Call 253-6439 for 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

#### AAS Spring Fling '05 Dance

African American Society Spring Fling '05 Dance will be held March 19, 9 p.m. to 2 a.m. at Club Iwakuni ballroom A. Tickets are available through any AAS member. Call AAS president, Hayes at 253-5019 or 253-7974 for more information.

## Nihongo de...

### 基地関係者と学生が岩国市の再生について話し合う

二人の岩国基地関係者が、広島大学、広島工業大学、広島女子大学の院生と共に岩国市川下地区の踏査を行った。この踏査は川下地区を再活性化する意見を異なる視点から探るために行われた。

「この踏査の主な目的は、問題のある領域と改善の余地のある領域を見極め、再生計画の提案事項を見つけて出すことだ。」と善地から参加したブライアン・ホール氏は話す。

この日は川下地区をグループごとに評価するため、まず学生と参加ボランティアを三つのグループに分けた。

「この踏査では、都市計画の観点から問題が多い区域を取り上げ、その区域を検討し、岩国市と地区の住民のために改善すべき点があるかどうかを調べる。」とブライアン・ホール氏は話す。ホール氏はユタ州、ソルトレーク・シティで都市計画関連の経歴を持つ。

三つのグループは10時に徒歩による地区の踏査を始めた。各グループは地元住民のリーダーに案内され、川下地区を網羅する4つの地域をまわった。

学生とボランティアはデジタルカメラを手に、都市計画の観点から、住宅地、商業地、工業地などのために改善できると感じたものはすべて写真に収めた。

「ほとんどのアメリカ人が密集には慣れていない。」とホール氏は話す。「住宅地と商業地がこのように互いに密集して隣接しあっているところで、どんな変化をもたらせるのか。変化させるには、このような住宅地や商業地の一部は撤去する必要がある。これは明らかに問題のある状況だ。」

地区の踏査を終えると、参加者は補供用会館にもどり、踏査結果を分析した。調査と議論をするために、参加者が取った写真はすべて印刷され、各グループに渡された。その後、大きな紙と付箋を使って、それぞれが地域を改善するための提案をすべて書き込んだ。

議論で主に焦点があてられたのは、道路、住宅、町並み、生活様式、空き地など。各グループは地域開発に使われた区域、市に足りない分野、市が持っている財産などを徹底的に調べた。

ホール氏によると、「このプログラムは日本政府が支援しているため、よい反響がありそうだ。最終的には、ほとんどのプロジェクトがそうであるように、公的支援と資金の問題になるのではないか。」

今回の踏査は、1950年代にスプロール開発によって形成された住宅地を改善する方策を調査、提案するために計画された。

「この経験で地域社会に出て地域の人々と出会うことができた。これは自分の日本での経験を豊かにしてくれることの一つだ。」「日本にいる間に都市計画に関わる機会があるとは思わなかった。このような機会は珍しく、このプログラムを知ったとき、興奮した。」とホール氏は話した。

This story is a translation of the bottom of page 4 text. 本文はイペー・ジド紙の記事の日本語訳です。

## Mess Hall Lunch Menus

### Week Of March 14-18

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

Broccoli Combo, Cheese Biscuits  
**Wednesday** – Cream of Broccoli, Chili Mac, Grilled Cheese, Tempura Fried Fish, Macaroni and Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas and Mushrooms  
**Thursday** – St. Patrick's Day menu; Classic Fish and

Chips, Corned Beef and Cabbage, Special Irish Beef Stew, Beer Batter Fish Fillets, Irish Potato Casserole, Irish Heritage Cabbage, Irish Spicy Corn Bread  
**Friday** – Crab Cakes, Chicken Vega, Parsley Butter Potatoes, Steamed Carrots, Corn on the Cob, Dinner Rolls



## M. C. Perry School Lunch Menus

### Week Of March 14-18

**Monday** – Cheese Pizza, Tossed Garden Salad, Ranch Dressing, Chilled Peaches, Rice Krispie Treat, Milk  
**Tuesday** – Hamburger on a Bun, Lettuce, Tomato & Pickles, Curly Fries, Awesome Applesauce, Rice Krispie Treat, Milk  
**Wednesday** – Fish Sticks, Savory Tater Tots, Dinner Roll,

Seasoned Green Beans, Brownie, Milk  
**Thursday** – Chicken Sandwich, Carrot & Celery Stick, Ranch Dressing, Crispy Potato Wedges, Baked Beans, Fresh Fruit, Milk  
**Friday** – Chicken Burrito, Lettuce & Tomato, Spanish Rice, Fresh Fruit, Brownie, Milk

## CHAPEL RELIGIOUS SERVICES

### Roman Catholic

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

### Protestant

Sunday  
9 a.m. Sunday School & Adult Bible Fellowships  
10:15 a.m. Non-Denominational Christian Worship  
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.

# Station massages rub out stress

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

The human touch has the power to heal and help the body with illnesses and ailments. Massage therapy, also known as bodywork, is a type of communication through touch and a way to benefit Station residents by enhancing their physical and mental health.

Marine Corps Community Services Semper Fit provides four certified massage therapists at the IronWorks



**ABOVE: Angela Cardella, massage therapist, gives a Thai massage to Darrel J. Johnson, Mobile Calibration Complex aviation calibration electrician, at the 2005 Semper Fit Hawaiian Style Health and Fitness Fair. RIGHT: The amount of pressure used depends on each person and how much they can handle. The massage therapists at the IronWorks gym not only listen to what a massage goer needs, but also to how their body reacts to the touch.**

Gym, who each give different types of massages to Station residents.

One of the more popular types of bodywork is the Swedish massage. The whole body massage promotes relaxation by relieving muscle tension and improving circulation throughout the body. It is a massage that consists of long strokes, kneading and friction techniques on the exterior layers of the muscle that lowers blood pressure, reduces stress, enhances flexibility and relieves asthma symptoms along with other ailments.

"If you're coming in for your first time, you want to start off with the basic Swedish massage and then move into other modalities," said Sara Perez, IronWorks Gym massage therapist.

When it comes to people who suffer from certain ailments like neck problems, the amount of pressure during the massages depends on how the muscles respond to what they need and don't need, said Miki Nakamura, IronWorks Gym massage therapist.

The therapeutic massage, also



**Moriko Kotani, gives a relaxation massage to Tomoko Kawaoka at the Health Fair. This massage is known to relax people into a deep slumber.**

known as a sports massage, emphasizes the prevention and healing of injuries. The sports massage is designed to help a person reach their peak performance level for any physical activity. A few of the benefits are an increase of flexibility, prevention of injuries and reduction of soreness of the body. The "it hurts so good" sports massage benefits the person differently if they have one before or after a strenuous activity.

For people training for events like a triathlon who want to have a sports massage, it is recommended that the person start getting them about six months before the event, said Angela Cardella, IronWorks Gym massage therapist. A person's body is going to react to a massage differently and will affect their performance, so it is best to have them early to see how beneficial bodywork is to them.

Other massages available at the gym include the lymphatic massage that detoxifies the body promoting better health and immune system; the Shiatsu

massage which stimulates the bodies energy flow to alleviate pain and treating illnesses; the warm stone massage rhythmically massages away tension and calms the spirit; and the Thai massage brings the body to life through pressure and manipulative strokes.

Although a person can choose which massage they prefer, bodywork is not for people who are suffering from uncontrollable high

blood pressure, a contagious skin disease, pregnant in their first trimester, or have any other illnesses and ailments that a doctor wouldn't recommend a massage to help with.

During massage sessions, a person can undress to their comfort level and they will always be covered with a sheet. Although, if a person schedules a Thai massage it is recommended that they wear loose fitting clothes.

The length of a massage ranges on whether a person wants a specific part of their body worked or a full body massage. For a specific part of the body, the massage therapists at the IronWorks Gym suggest at least a 30-minute session for \$25. To get a full body massage, they advise at least 60 minutes for \$40. To get the full benefits from a massage they advise a person to schedule an hour and a half session for \$55. It is also highly recommended that anyone who wants to partake in a massage take a shower before his or her appointment.

To schedule a massage at the IronWorks Gym call 253-6359.

## 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.

### YOUTH BASEBALL

Registration is open now through March 18 for \$30. Sign-up at the IronWorks Gym front desk. Late registration, March 19 to April 2, will cost \$40. Call 253-3239 for details.

### TREADWALL ORIENTATION

Saturday, 10-11:30 a.m. Learn how to challenge yourself in a whole new way. This free class takes place in the IronWorks Gym Weight Room. Sign-up is not required. See the IronWorks Gym front desk. For details, call 253-6359.

### MIKURADAKE HIKE

Saturday, 7 a.m. This is a moderate to difficult hike. Sign-up for \$15 at IT&T. Call 253-3822 for more information.

### INTRAMURAL SOFTBALL

Coaches meet Tuesday, 9:30 a.m. in the IronWorks Gym Wellness Room. For further details, call 253-5777.

### 39TH ANNUAL JAPANESE & AMERICAN GOODWILL KINTAI MARATHON

April 24, 10 a.m. Station residents and family members sign-up for \$15 at the IronWorks Gym front desk before April 11. The race starts at the IronWorks Gym and is also open to local residents. 3-man and 4-man teams may be formed by SOFA status individuals. Air bouncers for children, cotton candy, snow cones, balloon clowns, food and much more are featured as part of the event. Call 253-6359 for more information.



Lakennya Hendrix (left), Hikaru Aburto (middle) and Monica Roberts (right), along with the Matthew C. Perry Elementary School Hula Dancers, kicked off the 2005 Semper Fit Hawaiian Style Health and Fitness Fair at the IronWorks Gym, March 5, with an elegant performance.

# IronWorks gets tropical for Health fair

STORY AND PHOTOS BY  
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*Combat Correspondent*

Station residents dressed in Hawaiian style shirts with colorful leis around their necks traded in the chilly winter weather for the warm atmosphere of the 2005 Semper Fit Hawaiian

Style Health and Fitness Fair at the IronWorks Gym, March 5.

More than 300 guests of the annual health conscious fair enjoyed a wide variety of activities and demonstrations, given by the IronWorks Gym staff, in an effort to spark healthier lifestyles for Station residents.

"This is a great time for people to get out of the cold weather and enjoy some activities they may not have known were out there," said Billie Scott, Semper Fit health promotions director. "We want to promote healthy lifestyles to the base community."

The main gym was packed with 19 booths each representing a different organization that could provide healthier lifestyles for the Station resident's mind, body and soul.

Marine Family Services, Drug Abuse Resistance Education, Boys and Girls Club, Educational Developmental Intervention Services, Substance Abuse Counseling Center, Branch Health Clinic,

Station Dental and the Chaplain's Office were among the many contributing organizations.

Event goers were also able to get their cholesterol levels, body fat percentage and blood pressure measured.

"Health and wellness is not just physical, we wanted to get all around aspects and let the community know what's available," said Scott.

As well as the many booths, numerous demonstrations were given to the crowd to preview classes and programs that are offered at IronWorks Gym. Demonstrations of the indoor cycling, kickboxing, step aerobics, abdominals, gymnastics and Aikido classes were given to the attentive crowd.

"It was really interesting to see how the female instructors could do the exercises and make them look easy, while the men struggled," said Phillip E. Sawyer, DARE volunteer. "The Aikido demonstration was pretty cool too."

The push-up contest drew a small crowd who watched the competitors, ranging from three years old to 45, pump out as many push ups as possible in two minutes. Walking away with the first place medal was Justice Lasyone, who forced out 89 push-ups.

Guests were also able to enter into a raffle to win bicycles, trips to Space World, Universal Studios Japan and other various prizes.

"The fair went very well this year," said Scott. "We had a great turn out, and some great programs to offer the community."



LEFT: Brandon S. Davis pedals for effect during the Spin Class demonstration. ABOVE: Hiroko Chiea (left) demonstrates how to properly work out abs during her Abs Class demonstration.