

Torii Teller

VOLUME 50 NUMBER 11

MARINE CORPS AIR STATION IWAKUNI, JAPAN

MARCH 25, 2005

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Firepower demonstrated during one of the last exercises in Fuji.

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Kintai area provides perfect viewing for the Spring-time blooming of the Cherry Blossom.

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Residents tumble to PT Station residents flip, cartwheel and roll during weekly adult gymnastic class.

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Local resident wins poster contest

CHL. DAVE BONI
Combat Correspondent

Masahide Kimoto was named as this year's Friendship Day Poster Contest winner during a ceremony at the Public Affairs Office, March 17.

The 54-year-old former graphic designer was presented a mounted copy of his poster design by Ashleigh Pipes, Marine Corps Community Services Marketing officer. Kimoto will also receive a check for \$300.

"I can't believe it," said Kimoto. "I feel like spring has come to me at once."

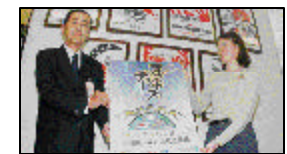
Offered by MCCA, the contest ran for four weeks beginning Feb. 1. All Station and local community residents were invited to create a poster that best demonstrated this year's Friendship Day theme, "Across the sea and sky." Six entries were submitted and were voted on by MCCA department heads and marketing staff.

"Friendship Day is a big event for the whole community and we wanted to involve those in the community in the preparation," said Pipes.

Kimoto heard about the contest through his boss and decided to enter. After a week of designing the poster after his normal working hours, Kimoto was finally pleased with what he created. The design work by Kimoto is a combination of



Photo courtesy of MCCA



Lance Cpl. Lukas Blom

LEFT: This year's Friendship Day poster was designed by Masahide Kimoto. ABOVE: Ashleigh Pipes, Marketing officer (right) delivers Masahide Kimoto a copy of his poster during a presentation, March 17.

the Japanese letters for Friendship Day and a drawing of the Kintai Bridge connecting Japan and America from around the globe.

"I used the Kintai Bridge in the poster because that is one of the symbols of the community and the two flags demonstrate the two countries coming together in friendship," he said.

Kimoto's work will be used for the Friendship Day program as well other promotions for the event, which takes place May 5.

"I have been to many Friendship Days, but I am very excited this year because I will be able to see my poster everywhere," he said.

For a copy of the poster or more information about Friendship Day, log on to www.iwakuni.usmc.mil.

Translation of the story found on page 16
本文記事の日本語訳は11ページの巻頭にてご覧下さい。

Program assists Marines with certifications

LANCE CHL. LUKAS J. BLOM
Combat Correspondent

Looking for a way to get recognition for all your training and skills you've received in the Marine Corps?

The Marine Corps United Services Military Apprenticeship Program gives Marines an opportunity to use all the hours spent on the flight line or behind

the computer toward a certification in their respective trade through documented work experience.

"This is a great program, anyone can do it," said Sgt. Joshua L. Milsop, Marine Aviation Logistics Squadron 12 flight equipment parachute rigger, who has nearly completed his apprenticeship as an aviation safety equipment technician. "There's no reason why someone shouldn't have an extra five minutes at the end of the day to fill out the logbook. You're doing

your (military occupational specialty) everyday anyway, why not make the most of it?"

With more than 15,000 active duty participants, USMAP has apprenticeship programs for more than 125 occupations such as airframe mechanic, automobile mechanic, carpenter, cook, electrician, engineer, equipment mechanic, heavy vehicle operator, legal secretary, machinist, photographer, powerplant mechanic.
see MARINES Page 4

Flight demonstration squadron seeking enlisted applications

CHL. MICAH SNEAD
Combat Correspondent

MARINE CORPS AIR STATION BEAUFORT, S.C. — Enlisted Marines and sailors are being offered the chance to work with Angels.


The Blue Angels Navy Flight Demonstration Squadron is encouraging qualified sailors and Marines to apply for the 2006 season. Applications must be turned in by April 1, and selection information will be released June 1.

The Blue Angels' mission is to enhance Navy and Marine Corps recruiting, and to represent the Naval Service to the United States civilian community, its elected leadership and foreign nations. Stationed during the show season at Forrest Sherman

Field, Naval Air Station Pensacola, Fla., the squadron spends January through March training pilots and new crewmembers at Naval Air Facility El Centro, Calif.

The following billets are open, according to Chief Petty Officer Louis Arrazola, command career counselor and applications chief petty officer for the Blue Angels: E-5 and E-6 aviation machinist, E-4 to E-6 aviation electricians, E-4 and E-5 aviation structural mechanics, E-4 and E-5 aviation electronics technicians, E-5 aviation maintenance administrationmen, E-5 storekeepers, E-5 and E-6 photographers, E-5 and E-6 hospital corpsmen with aviation medical technician and E-5 through E-7 yeomen.

Yeomen billets are Type one shore duty and only yeomen completing a sea
see BLUE ANGELS Page 5



Torii Teller

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

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Chaplain's Corner

LT. STEPHEN M. COATES
Headquarters and Headquarters Squadron Chaplain

Some people fancy themselves intelligent because they can ask tough questions.

I call it "the poet's prerogative" because I tire of song writers who care enough to ask these hard-hitting questions, but do not find the energy or interest to hammer out an acceptable answer. They realize life has some very tough questions and simple answers no longer satisfy.

Developmentally, that is good but it is not the end of moral development. Just because answers do not come easy does not mean we ought not seek them.

If you were completely lost in the mountains of Japan and unsure of your route back to civilization, we would consider that unfortunate. Your disorientation might have come about for very legitimate reasons.

Though it might be hard to find the clues necessary for the course back to safety, we would assume you would put forth the effort to find such a solution. But if you were absolutely lost in finding your way and could care less, we might judge your situation as more than just unfortunate. We might call it unreasonable or irresponsible. We would question your decision to distract yourself with amusement instead of searching concertedly for a path home.

The mature response to confusion is not indifference. It

is to use your faculties to chart the best possible path. Does God exist? What is the precise nature of ultimate reality? Why do bad things happen to innocent people? Why do people care when bad things happen to innocent people? How can so many good people hold such different and contradictory beliefs? What is the meaning of this painful life?

Life does indeed pose difficult questions. Our struggle to answer them is reasonable. But is it reasonable not to even care about the deeper issues of life? Is it reasonable to devote years of your life mastering a golf swing while avoiding the tough questions? Playing golf may be a very good and productive endeavor. I have no qualms with golf. I am simply raising a question of reasonableness.

Does it matter if God exists? Does it make a difference whether ultimate reality is "loving relationship" or "impersonal nothingness?" Do you care whether matter exists or if it is only illusory? Ought your world view to at least be able to support questions of good and evil?

I will not assume your answers to those questions nor do I think it is necessary for every human to delve deep into philosophy. I will only acknowledge that I have encountered a number of sincere individuals who have rejected certain propositions not on the basis of reason but because of pain and desire.

The search for truth in the realm of ultimate matters is not an easy task and it is not always pleasant. Nevertheless, I believe it is a very reasonable use of time and energy. Perhaps if I have time and space, I will address a few of those questions. That's my prerogative.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

Standards of conduct

What are the expectations of conduct for civilians and family members?

The expectations of conduct for civilians and family members aboard Marine Corps Air Station Iwakuni are identical to the standards for service personnel. Behavior shall be consistent with the standards required for Japanese and American laws, regulations, and other directives from the chain of command, up to and including, the Department of Defense. Civilians and family members are

ambassadors of the United States while residing here in Japan. Behavior sometimes tolerated in the United States will not be tolerated in Japan.

What is considered misconduct or inappropriate behavior?

Any behavior or conduct considered detrimental to the good order and discipline of this command is considered inappropriate. Rules and law violations, runaways, truancy, malicious mischief, abuse and disrespect to military police are examples of misconduct.

What authority does the installation commander have in response to misconduct by a civilian or family member?

Very serious incidents of misconduct may be pursued via legal channels coordinated through the Station Judge Advocate office. The installation commander is granted the authority to adjudicate civilian cases

involving incidents of misconduct. If the allegations are determined to be true, based on the preponderance of evidence, the installation commander also has the authority to take appropriate action by administering sanctions.

These include, but are not limited to:

- (1) Issuance of a verbal or written warning.
- (2) Restriction to quarters or other designated place(s).
- (3) Suspension or revocation of various privileges (e.g. Armed Forces Identification Card, vehicle operator's permit, or access to installation facilities).
- (4) Community service.
- (5) Various forms of probation.
- (6) Debarment from installations under the jurisdiction of the CO, MCAS Iwakuni. Obtaining reciprocal debarment from other military installations in Japan.

see INSPECTOR Page 5

CHATTERBOX

Question: "What is your favorite thing to do in the spring time?"



Pfc. Josh M. Roden
Mobile, Ala.

"Roll my sleeves up. They look better up and I don't like wearing my sleeves down."



Chief Warrant Officer John R. Bandy
Albany, Ga.

"Cycling, because I'm getting ready to participate in an Iron Man competition."



Sergio G. Aspiazu, 3
Miami

"I like to play outside in the nice weather."



Sgt. Ben H. Greenway
Austin, Texas

"Play golf, because I get to go outside and get some exercise while enjoying the nice warm weather."

Thiessen visits Korean exercise

LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

CHEONGJU, Republic of Korea—Brig. Gen. Duane D. Thiessen, 1st Marine Aircraft Wing commanding officer, visited Exercise Foal Eagle 2005, March 18-20.

Thiessen visited Cheongju to meet with the Korean Brig. Gen. Jeon Ok Sool, 17th Fighting Wing commander, and express his appreciation in the Korean assistance and hosting of Exercise Foal Eagle 2005.

When Thiessen arrived to Cheongju he was greeted by Sool and other Korean dignitaries.

"Everyone is very delighted he is here to visit, and that is why we are all here to greet his arrival," said Maj. Sungchul Hong, Korean Air Force chief of plans division.

Along with meeting the local dignitaries, Thiessen's visit ensured that Foal

Eagle was running without any complications and the Marines were equipped to do their job.

"The reason for my visit was to discuss our future operations alongside the Koreans and to do a command visit," said Thiessen.

The general presided in tent city for two nights, with his Marines.

"This life support activity was set up in less than two days," said Thiessen. "It shows that we can go someplace, set up rapidly, start to operate and then improve things as time goes on."

Thiessen was impressed with the



Lance Cpl. Cristin K. Bartter
Brig. Gen. Jeon Ok Sool (right), Korean Air Force 17th Fighting Wing commander, welcomes Brig. Gen. Duane D. Thiessen, 1st Marine Aircraft Wing commanding general, to Cheongju, Korea, March 18 for Exercise Foal Eagle 2005.

camp and the Marines working on the same living conditions that we are going through."

Green Knights arrive in shining armor

LANCE CPL. LUKAS J. BLOM
Combat Correspondent

Marine All-Weather Fighter Attack Squadron 121 returned to the Station after a four-year hiatus for a six-month deployment as part of the Unit Deployment Program, March 15.

The Green Knights, who hail from Marine Corps Air Station Miramar, Calif., employ the F/A-18D Hornet.

The Hornet is operated by a flight crew of two pilots and is able to attack and destroy surface targets, day or night, under all weather conditions. The Green Knights are also able to conduct multi-sensor imagery reconnaissance, provide supporting arms coordination, and intercept and destroy enemy aircraft under all weather conditions.

While aboard the Station, the Green Knights stand ready to support the III Marine Expeditionary Force by maintaining operational readiness. They also plan to utilize this deployment to continue training in exercises outlined in the Training and Readiness Manual.

This deployment will give the Green Knights an opportunity to train 18 new aircrew members and their numerous young Marines who are on their first deployment, which accounts for approximately one third of the squadron.

"I've never been outside the (United States) in my life," said Pfc. Essic Stroman, VMFA(AW)-121 administration clerk. "It's pretty exciting to see a different culture. I plan on going sight-seeing as much as possible and taking all the photos I can."

"Even though this is my first deployment the whole process has been very smooth," said Lance Cpl. Rich-

ard Tryder, VMFA(AW)-121 airframe mechanic. "We're a combat ready unit, and just in case anything happens we'll be ready. It's all because of the Marines in the squadron. We work together so well and basically, we just get the job done."

Unlike many squadrons, VMFA(AW)-121 had more work preparing for the UDP than they likely will work aboard the Station.

In July of 2004, approximately 70 percent of the squadron's aircraft was sent to Iraq in support of Operation Iraqi Freedom, leaving the Green Knights with the bare minimum for conducting operations.

"It was absolutely the right thing to do, but it (sending the aircraft) left the squadron with next to nothing as far as equipment," said VMFA(AW)-121 Commanding Officer, Lt. Col. Frank Richie. "I'm extremely proud of the fact that we were able to rebuild in such a short period of time. It says a lot about our Marines, they didn't skip a beat."

Because of their aviation tenacity, the Green Knights have racked up a long list of awards and citations since they were established in 1941, including two Presidential Unit Citations, five Navy Unit Citations, four Meritorious Unit Citations, Marine Fighter Attack Squadron of the Year in 2001, Commandant's Aviation Trophy and 10 Battle Streamers hanging from the Squadron's colors.

"We have great leadership from within, that's what sets us apart," said Sgt. Maj. Antonio N. Vizcarrondo Jr., VMFA(AW)-121 sergeant major. "The lance corporals, corporals and sergeants have been at the core of squadron leadership. It doesn't matter how bad it gets, you can tell they have that strong fighting spirit."



NEWS BRIEFS

SPRING BAZAAR

The Spring Bazaar will be held April 1, 4-7 p.m., April 2, 9 a.m. to 7 p.m. and April 3, 10 a.m. to 5 p.m. at the MAC Dome.

CULTURE FESTIVAL

The Japanese American Society is sponsoring a cultural festival on Saturday, from 11 a.m. to 3 p.m. at the M.C. Perry cafeteria. Ongoing demonstrations and performances will include taiko drumming, koto players, ikebana lessons, origami crafts, tea ceremony demonstration, kimono wearing and traditional dancing. Free yaki soba and cotton candy. Raffle prizes throughout the day. No charge.

VENDORS NEEDED

Vendors and small business owners are needed for the Craft Fair and Flea Market, April 23 at the MAC Dome. To purchase a table, call 253-6621. Tables cost \$5.

i-SAFE COMPUTER MEETING

There will be a community i-Safe information meeting on Wednesday at 4:30 p.m. in the M.C. Perry school cafeteria. The meeting will entail information about keeping your child safe while using the Internet.

Hooked on volunteers for reading

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

Department of Defense Dependents' Schools throughout the Pacific commenced a new program at the beginning of this school year called the Pacific Area Literacy Project designed to improve students' reading ability.

The three-tiered program supports each child on their reading abilities by developing their learning levels to promote successful students.

Tier one is for kindergarten through sixth grade students and teaches them with a balanced framework consisting of reading aloud, shared and guided reading and independent writing. Tier two provides services to struggling readers and provides a way to monitor their progress in supplemental assistance. Tier three is for students in need of more intensive and long-

term reading help.

A literacy facilitator will be provided in every DoDDS Pacific School. The literacy facilitator operates as a workforce developer for classroom teachers to support struggling readers and assist teachers with their lesson plans and provides help through study groups, training and facilitating peer observations.

"It is not a corrective program," said Lisa Mauldin, M.C. Perry school nurse. "There wasn't a problem before this program. We just want to enhance their skills as readers and overall learning enthusiasts."

Melanie McNeill, M.C. Perry Elementary School's literacy facilitator, has established a way to involve teachers and volunteers from the community in an effort to support



Ikuko A. Dearinge, 11 (left) and Sidney S. Stephens, 9 read at the Station Library after school, Monday.

Pic. Mark Fayloga

children struggling with reading. McNeill has formed a group of volunteers called Literacy Leaders, guided by Susan Jacobs, organizer of the group, who go into teacher's classrooms to make books, reading charts and word walls for word study.

Members from Combat Service

Support Detachment 36 medical division volunteered to support and spent time with McNeill learning the system in place.

"We often have volunteers available to teach English to the Japanese nationals, but we forget how important it is to promote education on base," said Chief Petty Officer Anthony J. Lambert, CSSD-36, medical staff noncommissioned officer-in-charge. "Community involvement starts here."

The teachers appreciate the support from the volunteers,

said McNeill.

"Reading is an activity that is easily reinforced at home and by having members of the community, both parents and volunteers participate in this program. We are able to show students that reading is valued here in Iwakuni."

Questions answered for PCSing Marines

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

Every year during the summer months there is a spike in the amount of service members going through a permanent change of station, and often times they are not fully prepared to go through the process as smoothly as possible.

Whether it's questions about allowances they qualify for or how much baggage they are allowed to carry on the flight to their new duty station, Marine Corps Community Services offers a PCS with Success workshop that will answer all their questions.

The Marine Corps has set guidelines for all PCSing Marines to attend a relocation workshop under Marine Corps Order 1320.11E, to alleviate some of the stresses during a PCS move.

During the free workshop, representatives from Installation Personnel Administration Center, Air Mobility Command and Traffic Management Office come in and explain what they can do to expedite their PCS move with as little confusion as possible.

A financial planner is also brought in to discuss financial responsibilities and pitfalls to the students.

Two of the biggest misconceptions Marines have about PCSing are what allowances they qualify for and how much luggage they are able to travel with.

The Temporary Lodging Allowance is only available to service members who have tried to make arrangements to reside in the barracks until their move, but a barracks room is not available. Furthermore, the service member will be entitled to TLA only after he has provided a letter of nonavailability from the barracks manager.

Service members living off base will be entitled to TLA if they are asked, or directed, by their landlord to check out of their residence before their PCS date making it mandatory for them to occupy temporary lodging at their own expense.

All claims for TLA should be submitted before the service member leaves the Station due to the fact the overseas finance office here processes the reimbursement request.

Another issue many service members are unclear

about is the amount of baggage they are allowed to carry, and what they will be charged for excess. Each person is allowed two bags for check in, which must not exceed 140 pounds combined. Each passenger will be allowed one piece of luggage for carry on, which must not exceed 45 linear inches (the sum of the length, width and height).

All extra prices of baggage will be charged at the expense of the traveler, how much depends on the weight of the item (anywhere from \$75 to \$270). Payments for excess baggage are only accepted in the form of cash or check; the terminal will not accept credit or Yen. Also, pets are considered excess baggage. It is suggested that service members attend the course two to six months prior to PCSing in order to give them enough time to get all their affairs in order.

"You don't even have to have orders issued to you when you attend this course," said Victoria Miner, MCCS relocation assistant. "We don't want people waiting until the last minute to take this class, it just makes their move much more stressful."

For more information contact Miner at 253-3311.

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hectic, purchasing agent, radio mechanic, refrigeration mechanic and welder. Out of 300 MOSS in the Marine Corps, USMAP provides trade/occupation-employing apprenticeships for 257.

Since USMAP began in 1977, more than 22,000 Marines have completed their trade certification.

Each program requires the Marine to complete a certain number of hours in each aspect of their MOS. For example; the trade airframe mechanic requires completion of 3,100 hours of on the job training and is open to the Navy rating airframe mechanic and Marine

helicopter airframe and fixed wing airframe mechanics. The trade powerplant mechanic requires the completion of 3,000 hours of on-the-job training and is open to Navy rating aviation machinist's mate and Marine helicopter powerplant and fixed wing powerplant mechanics. The Internet-working technician trade requires 5,000 hours of on the job training and is open to Navy ratings cryptologic technicians and Marine small computer systems specialist and data network technician. The three listed trade fields are new programs offered by USMAP.

The Marine, or sailor, is required to keep a weekly log of how many hours

he worked in each specific area of the trade. The logs are turned in to the Marine and Education Services Office every six months.

"It's not hard at all, just put in your hours and keep up your log, it's so easy," said Millsop.

Another new trade certification program available to Marines and sailors with aviation related specialties is the Navy/Marine Corps Airframe and Powerplant Program (NMCAPP) Qualification Training Package, according to Marine Corps Community Services. This program was established to support a Department of Defense and Department of Transportation initiative to assist mili-

tary personnel seeking Federal Aviation Administration (FAA) Airframe and Powerplant (A&P) Certification.

The NMCAPP is a voluntary program for members of the Navy and Marine Corps and is open to all individuals who have a rank of E-4 or higher and a minimum of three years time-in-service. This qualification training package provides step-by-step instructions for obtaining the Armed Forces Certificate of Eligibility through military/civilian training programs and practical on-the-job experience.

For more information on apprenticeship programs contact the Education Services Office at 253-3855.

Surgeon tackles Station ailments

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

He's the last guy you want to see barreling down on you on the football field, but the first you want to talk to when your on your back injured.

"You've got to make a life, not a living," said Cmdr. Michael M. Jacobs, Branch Health Clinic Marine Aircraft Group 12 group surgeon.

The former All-Ivy League defensive back for Harvard University no longer tackles wide receivers, but takes on all injuries and ailments of Station residents head-on.

The 45-year-old father of two graduated from Harvard University in 1981 with a bachelor's degree in History. Dominating the Ivy League as a defensive back and quarterback for the Crimson all four years in which he attended the prestigious school, Jacobs decided to try out for a professional team in 1982, the Cincinnati Bengals.

"At 6 feet, 2 inches and 217 pounds, there weren't very many DBs as big as I was," said the Anaheim, Calif. native.

Although his career in the pros was short lived, one preseason with the Bengals, his defensive presence

BLUE ANGELS from Page 1

duty tour may apply. A normal tour of duty with the Blue Angels is three years and is considered Type two sea duty for rotational purposes. Outstanding E-4 applicants will be considered, according to Arrazola.

"We are looking for motivated, hard-charging Sailors and Marines with outgoing personalities to represent the pride and professionalism found throughout today's Navy," Arrazola said. "Our team of Navy and Marine Corps professionals is a direct reflection of personnel currently stationed around the world displaying honor, courage and commitment on a daily basis to uphold our nation's values and ideals."

An estimated 15 million spectators view the squadron during air shows each year. The Blue Angels pilots and personnel visit more than 50,000 people each show season at school and hospital visits. Applicants have to be willing to go above and beyond the call of duty, according to Command Master Chief Kevin Harris.

"This team is filled with traditions, pride and most

was felt by at least one of the Bengal's opponents.

"I caught a game winning interception in a preseason game against Denver (Broncos)," said Jacobs. "What an incredible feeling!"

After dabbling in the pros and the Canadian Football League, Jacobs felt the draw of a higher calling, something that he'd been dreaming about since the age of 6.

"I remember it like it was yesterday. I just started getting a lot more interested in human anatomy and how everything works," said the 15-year Naval officer. "By 9th grade, I started to take a lot more science courses. At that point I knew how important school was for my future, so I really focused on the books."

Upon graduating high school, Jacobs attended the academically and athletically, challenging Harvard University.

"I knew I wanted to go to medical school. So, by going to Harvard, I gave myself the opportunity to get an Ivy League education while still playing (Division I-AA) ball," said Jacobs, whose father was a Marine Corps captain and former National



Lance Cpl. Lukas J. Blom

Cmdr. Michael M. Jacobs, Marine Aircraft Group 12 group surgeon, sees numerous patients every day to keep his finger on the pulse of the Station's health.

Football League tight end.

After graduating and experimenting in professional football, Jacobs decided to make his childhood dreams of becoming a doctor a reality.

He attended another esteemed school, the Uniformed Services University of the Health Sciences in Bethesda, Md., which only admits 156 students per year to their grueling program. All students sign contracts with the Navy, Army or Air Force before being admitted. Among the biggest benefits USUHS offers to prospective students is a tuition-free, first-rate education; the only thing asked of the students in return is

seven years in their respective service upon completion of the program.

"Going to USUHS was such an awesome opportunity," said Jacobs. "I'm very thankful to the American taxpayers for this unique opportunity."

After graduating from USUHS and completing the time-consuming residency process, Jacobs began fulfilling his dream by treating Marines and Sailors.

"Being a military physician, I'm allowed to treat people without all the business people around to keep constraints on what or who I can treat. I don't have to worry about HMOs or making money for the clinic, all I have to worry about is getting the right treatment for my patients."

After having many duty stations where he was afforded the chance to treat Marines and Sailors on the ground, in the air and on ships, Jacobs looks forward to his time here.

"I can't imagine doing anything else," said the group surgeon. "This is a tour I saw as a great opportunity to enrich my family life. I take great pride in the fact that my family plays together and prays together. We have so many opportunities to have fun here."

INSPECTOR from Page 2

(7) Early return of family member(s) (ERD) under the cognizance of the installation commander to the Continental United States (CONUS).

For personnel not under the installation commander's cognizance, an ERD request for same is forwarded to the cognizant commander.

(8) Issuance of a military protection order placing communication/geographic location restrictions on individuals to deter future incidents.

(9) Other administrative actions, where applicable.

Authority to adjudicate misconduct cases and administer sanctions involving civilians and family members have been delegated to the Inspector, MCAS Iwakuni.

Where can one obtain information on the subject regarding conduct of civilians or family members in Japan?

More information on this subject is located in Marine Corps Air Station Order 5820.3 (MCASO 5820.3) and Marine Corps Bases Japan Order 5800.6A (MARCORBASJAPAN 5800.6A) or by asking the Station Inspector at 253-3428.

Courts Martial

On Feb. 28, at a Special Court-Martial a lance corporal was found guilty of violating Article 134. Specifically, in that the Marine of Marine Aviation Logistics Squadron 12, did, on divers occasions, on board the Station, between about June 2003 and July 2003, knowingly and wrongfully receive and possess child pornography material that was mailed, shipped or transported in interstate or foreign commerce by some means, including by computer via internet. The Marine was reduced to private, will forfeit \$800.00 per month for four months and be confined for four months.

On March 4, at a Summary Court-Martial a lance corporal was found guilty of violating Article 86. Specifically, in that the Marine of MALS-12, on

or about Dec. 30, 2004, without authority, absent himself from his unit, and did remain so absent until on or about Jan. 15. Violation of Article 91, specifically in that the Marine, having received a lawful order from a staff noncommissioned officer to not leave the country of Japan, did at or near Taipei, Taiwan, on or about Dec. 24, 2004, willfully disobey the same. Violation of Article 91. Specifically, the Marine, having received a lawful order from a SNCO to terminate leave immediately and return to MCAS Iwakuni, did at or near Kuala Lumpur, Malaysia, on or about between Dec. 30, 2004 and Jan. 15, willfully disobey the same. The Marine was reduced to private, will forfeit of half months pay for one month and be confined for 30 days.

America's Squadron wraps up training in Fuji

Combat engineers blast away at Bull Dozer



Marines fire, maneuver through Fuji course

STORY AND PHOTOS BY
PFC. MARK FAYLOGA
Combat Correspondent

CAMP FUJI, Japan — Marines from Marine Wing Support Squadron 171 deployed to Camp Fuji, participated in a squad live fire and maneuver exercise, at the Squad Assault Combat Range, March 7.

The Marines were split up into two complete squads. Each squad performed two separate dry runs on the course.

"The purpose of this exercise was to familiarize the Marines with their weapons, to build confidence with the weapons and to understand how to conduct a squad assault," said 2nd Lt. Julie K. Ervin, MWSS-171 heavy equipment platoon commander. "The exercise also helped the squads build trust between one another, taught them to handle stress better as an individual and as a unit and built communication skills."

After the Marines dug into the deep snow for the dry runs, they were ready for the live firing part of the exercise.

"The dry runs really helped us prepare for the live fire runs," said Lance Cpl. Jason D. Frazier, Combat Service Support Detachment 36, heavy equipment operator. "Staying aligned was really tough because the course curved and the snow was ankle deep in some places and waist deep in others, the dry runs let us know what to expect and allowed us to conduct the live fire runs trouble free."

After the dry runs, the squads BZOed their weapons before conducting two separate live-fire runs. During the live-fire runs, the squads received fire support from two Marines with squad automatic weapons in a support-by-fire position.

For the younger Marines in the squadron, the exercise also provided an opportunity to take more of a leadership role than they are accustomed to.

"I was put into a leadership position as a fire team leader. Sure, it's only a few Marines, but it definitely increased my ability to lead, especially dealing with live rounds," said Lance Cpl. Kyle J. Hoelscher, MWSS-171 drafter and surveyor. "I learned there's more to leading a fire team than just barking out commands, you have to know what's going on around you and keep communication with your Marines."

The squads improved their techniques throughout the day. From the first dry run to the last live fire



Lance Cpl. Jason D. Frazier, Combat Service Support Detachment 36 heavy equipment operator, sets his sights on a target downrange during a squad live fire and maneuver exercise at the Squad Assault Combat Range, March 7.



Pfc. Richard E. Williamson, Marine Wing Support Squadron 171 combat engineer, rushes downrange during the exercise.

there was a vast improvement. The Marines learned how to listen through the fire and to stay on line, while maintaining a steady flow of fire, said Ervin.

"I thought the exercise was great, we had a lot more freedom than during the Marine Combat Training live fire and maneuver exercise," said Frazier. "I learned to maneuver with live fire beside me and the assault went really smooth, and I credit that to the noncommissioned officers. They did a hell of a job teaching us."

For some of the Marines, the harsh weather conditions made the training all the more realistic.

"The continuous squad rushes through the snow while not being able to see the depth and having to deal with the reflection of the sun off of the snow really benefited the training," said Hoelscher. "We did a really great job dealing with the snow. That means we can do even better in ideal weather, plus if we should be needed in Korea, we have an idea of how to cope with the snow and cold weather."

During the exercise each Marine fired 210 rounds and the two

SAWs received 1,000 rounds each.

"We had more ammunition than I've ever shot before. I must have shot at least 200 rounds and there's no way to match the adrenaline rush you get while performing a fire team rush with bullets flying by your side. This was some of the best training I've received," Hoelscher.



Marines from MWSS-171 conduct a fire team rush during the exercise.

STORY AND PHOTOS BY
PFC. MARK FAYLOGA
Combat Correspondent

CAMP FUJI, Japan — Marine Wing Support Squadron 171 combat engineers currently deployed to Operation Bull Dozer, participated in a demolition exercise at Demo Range two, March 9-10.

The exercise was conducted to give the combat engineers a chance to practice the techniques they normally only see in a classroom.

"In Iwakuni, demolitions aren't allowed so being in Fuji has given the Marines a chance to use a hands-on approach to applying the war-fighting skills needed for their military occupational specialty," said Sgt. Mauricio F. Guevara, MWSS-171 combat engineer platoon first squad leader.

The combat engineers practiced basic demolitions at Demo Range 2; discharging claymore mines, C4-explosives, bangalore torpedoes and shape charges. Expedient demolitions were also conducted and the Marines constructed and ignited various other explosives.

"I learned a lot more about how everything works because of the hands-on training," said Lance Cpl. Rowdy Z. Burney, MWSS-171 combat engineer. "I felt a lot more comfortable learning about demo here compared to a classroom."

The combat engineers moved through all the



ABOVE: Lance Cpl. Wilson (front right), Lance Cpl. Rowdy Z. Burney (front left) and Pfc. Justin R. O'Quinn (back left) and Pvt. Jasmine Ables (back left), Marine Wing Support Squadron 171 combat engineers, measure time fuses during a demolition exercise at Demo Range Two, March 9. BELOW: Combat engineers conduct final preparations on their grape shots (expedient claymore).

exercises on a tight schedule to add to the stresses of the exercise, said Guevara.

"I think they did a good job," said Guevara. "We went through everything pretty fast but it gave the Marines a realistic environment."

The exercise went well despite the fact that this marked the first time combat engineers worked with live demolitions together.

"There was a little bit of confusion at first, but by the end of the exercise everything was running smoothly," said Pfc. Justin R. O'Quinn, MWSS-171 combat engineer.

"The most important thing for my



Marines to learn on the range was attention to detail," Guevara added. "A quarter of an inch of fuse here and a quarter of an inch there could cost someone their life."

Safety was paramount on the range throughout the exercise as the Marines ensured everyone was in the bunker and all demolitions were set up properly.

"This exercise taught me a lot," said O'Quinn. "I learned how to make a grape shot (expedient claymore) and gained a lot of experience with fuses, but the bangalore rushes was the highlight of the training. Rushing up to the concertina wire and setting up the bangalores with only a minute to get cover before they went off, and then being so close to the explosion was exhilarating."



LEFT: Lance Cpl. Gerardo G. Garcia, MWSS-171 combat engineer, works on an expedient bangalore during the exercise. ABOVE: An explosion from three shape charges goes off during the exercise.

Sakura cherry blossoms bloom at Kintai

LANCE CPL. LUKAS J. BLUM
Combat Correspondent

Mother Nature provides the world with many sights of wonder and beauty around the globe, most of the time it's just a matter of being at the right place at the right time. For Station residents looking for one of these magnificent natural events, they will have to look no further than our host city in the weeks to come.

The annual Cherry Blossom Festival celebrates the blossoming of the Sakura Tree, which is Japan's unofficial national flower. The blossoming of the Sakura has been celebrated for many centuries and holds a very prominent position in Japanese culture. The Sakura Tree only blossoms for a couple of weeks in spring, filling the Japanese landscape with a heavenly atmosphere of the pillowy blossoms that range in

color from white to a deep pink.

Iwakuni is one of the premier Cherry Blossom viewing areas in the region. With current weather patterns, this year's blossom has been predicted to peak in the first two weeks of April. It is an experience that one will seldom have after their stay in Iwakuni and all Station residents are encouraged to experience this piece of Japanese culture for themselves.

Due to increased visitors the Iwakuni Cherry Blossom Festival brings in each year, city officials have set guidelines to ensure all festivalgoers have a memorable and enjoyable experience.

There will be three main parks in Iwakuni that will be optimal for Cherry Blossom viewing: the Kintai Bridge, Nagayama Park and Tsuzumigaura Park.

To view the festival with a small group and have a picnic, it is suggested to attend Nagayama Park and Tsuzumigaura Park. If it is a small, family-sized group, there will be no fee for sitting down to enjoy a picnic. But if the group occupies a substantial area, there may be a fee.

The Kintai Bridge is the most popular tourist destination for the festival, which makes finding enough room to sit down and enjoy a picnic without disturbing the rest of the festival viewers very difficult.

All three parks have banned the use of grills and fires for cooking during the festival due to such a large concentration of people in the park where smoke from a grill or fire

may detract from the festivalgoers' experience.

Also banned are, the use of tents and tarps during the festival due to the fact other festivalgoers may be inconvenienced.

If a large group would like to reserve a space at Nagayama or Tsuzumigaura Park for a group event they will be allowed to barbecue in their allotted space.

For information about the Cherry Blossom Festival at Kintai Bridge, contact Kazuhisa Shirao or Chisen Takasaki of Iwakuni City Sight-

seeing Section at 41-1477. For information about reserving a group space at Nagayama or Tsuzumigaura Park, contact Yasufumi Kunimura or Yoshihiro Ikeoka at the Iwakuni City Urban Planning Section Park Greens at 29-5160.

Recycle Plaza Flea Market

The flea market will be held in the parking lot of the Iwakuni City Recycle Plaza Saturday from 9 a.m. to noon. It will not be cancelled in case of rain. For further information, call 32-5371.



Official Torii Teller photos

The Kintai Bridge is one of the popular sight-seeing spots in Japan, The bridge was originally built in 1673, across the Nishiki River, which protected the Iwakuni castle from enemies as a natural outer moat.



A group of Japanese women dressed in kimonos dance underneath the beautiful, full-bloomed cherry blossoms near the Kintai Bridge.



A statue of Kojiro Sasaki, an Iwakuni samurai, stands near the Kintai Bridge. Sasaki is credited with developing a new technique for wielding the samurai sword after watching a willow twig hit a swallow.

OUT THE GATE

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

Daimyo Costume Parade

The Kintai Bridge Festival Committee is looking for Americans to participate in the time-honored Daimyo Costume Parade. The event is part of the 28th Annual Kintai Bridge Festival scheduled for April 29. For more information, call the Public Affairs Office, Yukie Wada at 253-5344.

Japanese Drum Spring Concert

There will be a Japanese drum concert by Kuga Drum Preserve Team Saturday, 6 p.m. at Kuga-cho Kodomonoyakata Hall, in front of Kuga Town Hall. The admission is free. Call 82-5446 for more details.

Otake City 50th Anniversary Events

The events will be held Sunday in Otake City. Kamei Castle Festival will take place at the Kamei Park, near You Me Town Otake, 10 a.m. to 12 p.m. Visitors can enjoy a Japanese drum performance. A flea market and Otake Sunday market are



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 SUV, 4 door, 10 disk CD changer, power everything, 4WD, good condition, will take 2 payments, new tires, clean car, never been smoked in, JCI until March 2007, \$1,800. Call Sgt. Sarah Raby at 253-3315 dwh or 253-2989 awh.

Nissan Rasheen, 1995, 4 cylinder, large sunroof, JCI until Dec 2005, \$3,500. Call George Jacoby at 090-3175-7317 or 0829-32-6677 awh.

Nissan Laurel, 1994, sedan, 4 door, P/L, P/W, many extras, must sell, JCI until Aug. 2006, \$1,500 obo. Call Jennifer at 253-2812 or SSGT. Eldridge at 253-5468 or 253-3961 dwh.

BMW, 1991, charcoal gray, runs well, new front brakes and belts, recent oil change, JCI until Nov. 2006, \$2,300. Call C. Mosley at 32-3282.

Toyota Eunon Sedan, 1992, 4 door, JCI until Aug. 2005, \$500 obo. Call Shawn Gibbs at 253-6454

dwh or 253-2311 awh.

Isuzu Mu 4x4, 1991, 2,800cc, 37,000km, 4WD, JCI until Aug. 2005, \$2,800 obo. Call George Jacoby at 090-3175-7317 or 0829-32-6677 awh.

Toyota Carina, 1992, 4 door sedan, 77,660km, good condition, must sell quickly, JCI until June 2005, \$500 obo. Call Brian at 253-2264.

Harley Davidson Ultra Glide Classic, 1988, JCI until April 2005, \$7,500

obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 awh.

OTHER ITEMS

Misc., 12ft fishing boat, 8 HP Yamaha and trolling motor, \$800. Call Bill at 253-4264 dwh or 31-8529 awh.

Misc., king size bed mattress and box springs, free of charge. Call Irina at 253-2275.

Misc., carpet, burgundy red, 9x12, \$30; Evenflo stroller, scratched, \$20; sports stroller, \$30; Fisher-price baby swing, \$60; Evenflo deluxe high chair, \$50; Winnie the Pooh & friends crib mobile, \$10; Over-the-kitchen-sink-shelf, white with colored tiles, brand new, \$16; maternity shirts and dresses. Call Irina at 253-2275.

Misc., free Guinea Pig, brown and white, with cage. Call 253-4343 dwh or 253-5705 awh.

JOB OPENINGS

CHRO (253-6828)

Go to www.iwakuni.usmc.mil/HRO/default.htm for a complete job listing. Contact CHRO, Building 1, room 104 for details.

MCCS (253-3030)

Go to www.mccsiwakuni.com for a complete job listing.

Do, Ra, Me and you



Lance Cpl. Lukas J. Blum

The choirs and bands of Iwakuni's Matthew C. Perry and Sasebo's E.J. King High Schools combined forces to put on a memorable show for Station residents at the Sakura Theater, March 21. The night's events kicked off with the choirs coming out to serenade the large crowd with such songs as Cantate Domino and Blue Moon. The event ended with the combined band performing the Marches of the Armed Forces, a collection of songs that embody each service.

MOVIE SCHEDULE

SAKURA THEATER

FRIDAY - 7 p.m. U*R*A Star Talent Show; 10 p.m. Sideways (R)

SATURDAY - 1 p.m. Are We There Yet? (PG); 4 p.m. The Wedding Date (PG-13); 7 p.m.: Alone In The Dark (R); 10 p.m. Sideways (R)

SUNDAY - 4 p.m. Robots (PG); 7 p.m. The Wedding Date (PG-13)

MONDAY - 7 p.m. Coach Carter (PG-13)

TUESDAY - 7 p.m. Alone In The Dark (R)

WEDNESDAY - 7 p.m. Sideways (R)

THURSDAY - 7 p.m. Elektra (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. Save The Last Dance (PG-13); 2

p.m./8 p.m. Hellboy (PG-13); 11 p.m./5 a.m. Witness (R); 2 a.m. Old School (R)

SATURDAY - 11 a.m./5 p.m. Garfield (PG); 2 p.m./8 p.m. K-PAX (PG-13); 11 p.m./5 a.m. The Terminal (PG-13); 2 a.m. Wayne's World 2 (PG-13)

SUNDAY - 11 a.m./5 p.m. Holes (PG); 2 p.m./8 p.m. Mona Lisa Smile (PG-13); 11 p.m./5 a.m. Legends Of The Fall (R); 2 a.m. Black Hawk Down (R)

MONDAY - 11 a.m./5 p.m. Superbabies: Baby Geniuses 2 (PG); 2 p.m./8 p.m. Titanic (PG-13); 11 p.m./5 a.m. Alien Vs. Predator (PG-13); 2 a.m. The Butterfly Effect (R)

TUESDAY - 11 a.m./5 p.m. Corkey Romano (PG-13); 2 p.m./8 p.m. Wimbledon (PG-13); 11 p.m./5 a.m. Collateral (R); 2 a.m. Panic Room (R)

WEDNESDAY - 11 a.m./5 p.m. How To Lose A Guy In 10 Days (PG-13); 2 p.m./8 p.m. Mr. 3000 (PG-13); 11 p.m./5 a.m. Catwoman (PG-13); 2 a.m. Against The Ropes (PG-13)

THURSDAY - 11 a.m./5 p.m. About A Boy (PG-13); 2 p.m./8 p.m. Maverick (PG); 11 p.m./5 a.m. Harold And Kumar Go To White Castle (R); 2 a.m. Escape From N.Y. (R)

COMMUNITY BRIEFS

CHRO

CHRO Training

■ **Supervisor's Role in Human Resources Management:** April 11-14, 8 a.m. to 4:30 p.m.

■ **Ethics/Privacy Act/POSH:** April 20, 9-11:30 a.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

Lunch buffet menus are available at www.mccsiwakuni.com

■ **Easter Sunday Brunch:** Sunday, 10 a.m. to 2 p.m. in the Ballroom. Photo opportunities with Peter Cottontail and Friends on the verandah 10:30 a.m. to 2:30 p.m.

■ **2nd Annual International Women's Day Celebration:** Tuesday, 8 a.m. to 2:30 p.m. in the Ballroom. Sign-up by calling 253-4526.

Single Marine Program (253-3585)

■ **Chicken Shack Trip:** Sunday, 3:30-7:30 p.m. Enjoy dinner at Sanzoku. \$10 transportation fee. Bring yen for the meal.

■ **Hiroshima Carp Baseball Trip:** April 2, 10 a.m. Call to confirm. \$10 transportation. Bring ¥2,000 for admission and extra yen for food.

MCFTB (253-3754)

■ **Key Volunteer Coordinator Luncheon:** Monday, 11:30 a.m. to 1 p.m.

School Age Center (253-4769)

■ **Monthly Birthday Party:** Tuesday, 4-5 p.m. Celebrate your birthday this month with cake, games and friends.

Youth & Teen Center (253-6454)

■ **Monthly Birthday Party:** Saturday, 3-5 p.m. Celebrate your birthday with cake and ice cream for everyone as we honor our members born this month.

■ **Passport to Manhood Meeting:** Sunday, 3-5 p.m. Males ages 13-18 are invited to the Teen Center for plenty of free food and afternoon of fun.

■ **Job Ready Sessions:** Wednesday, 3-4:30 p.m. Unit 9 "Presenting Appropriate Appearance"

URA Star Talent Contest

Today, 6-10 p.m. at the Sakura Theater. Open to all Station residents and guests. Call 253-3727 for details.

Survival Japanese Class

Monday through April 1, 11:40 a.m. to 12:40 p.m. Learn key phrases for shopping, ordering food and more. Call 253-6165 to sign-up in advance.

OTHER

Japanese Language Classes for Spring 2005

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

Breast Feeding Basics

Learn about breast-feeding today, 12-1 p.m. in Building 411, room 227. Call 253-4928 to register.

WIC Overseas

WIC Overseas is a supplemental food and nutrition education program. Eligible participants are pregnant, postpartum or breast-feeding women, infants and children up to their 5th birthday. Financial eligibility is based upon total family income and size. Call 253-4928 for details.

Nihongo de...

日米親善デーのポスターに岩国市民の作品が選ばれる

日米親善デーのポスターに岩国市民の作品が選ばれる

今年の日米親善デーのポスターコンテストに木元正英さんの作品が選ばれ、3月17日、岩国基地報道部で授賞式が行われた。

グラフィックデザイナーの前歴を持つ木本さんは現在54歳、アシュレー・パイブ M CCS マーケティング部長から台紙に貼られたポスターと300ドル相当の小切手をプレゼントされた。

「信じられません。まるで一度に春が来たみたいですね。」とポスターを受け取った後、木元さんは話した。

M CCS は今年の親善デーのテーマ、「海と空をこえて」に沿ったポスターを1月下旬から2月下旬まで基地内外から公募。6作品の応募があり、M CCS 各部署の責任者と M CCS マーケティングの従業員が審査した。

「親善デーは地域社会全体にとっても大きなイベントであり、地域社会の人々にも準備の段階から参加してほしい。」とパイブ M CCS マーケティング部長は話す。

木元さんは上司からこのコンテストのことを聞き、応募を決めた。毎日仕事を終えてから作品に取り掛かり、一週間で満足のいく作品に仕上がった。木元さんのデザインは、「フレンドシップデー」と書かれた日本語と地球上に描かれた日本とアメリカが錦帯橋で結ばれている絵がかかっている。

「デザインに錦帯橋を使ったのは岩国を象徴するものだから。二つの国旗は日本とアメリカが友情で結ばれているのを表している。」と木元さん。

木元さんの作品は5月5日の親善デー宣伝用ポスターやプログラムに使われる。

「今まで何度も親善デーにきているが、今年はいたるところで自分のポスターを見ることができるととてもわくわくしている。」と木元さんは話した。

親善デーのポスターや詳細については、M CCS ホームページ www.iwakuni.usmc.mil を参照してください。



Lance Cpl. Lukas Blom

This story is a translation of the top of page 1 text. 本文は1ページ上段の記事の日本語訳です。

Masahide Kimoto's poster was one of six entries submitted for the contest. Kimoto's poster will be used for the Friendship Day program and other promotional events.

応募のあった6作品の中から選ばれた木元正英さんのポスター。親善デーのプログラムや親善デーの宣伝に使用される。

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

Wednesday
7 p.m. Bible Study

The Church of Jesus Christ of Latter-Day Saints

Weekdays
6:30 a.m. Seminary
Sunday
1 a.m. Priesthood, Relief Society & Sunday School
3 p.m. Sacrament Meeting

OTHER SERVICES

Islamic

Friday
12 p.m. Prayer

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

Station residents tumble through PT

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

Balance, flexibility, strength and agility are not attributes one can possess without training and discipline.

Luckily for Station residents, IronWork's Gym offers a weekly class in which all the qualities listed above can be attained and maintained while also having fun.

The Adult Gymnastics Class kicks off every Sunday in the aerobics room at 11 a.m. for anyone who has aspirations of tumbling through the air with grace or just wants to learn how to do a cartwheel.

Gymnastics is a full-body style of training. Not only does it concentrate on flexibility, often demonstrated by veterans of the sport doing the splits



LEFT: Nancy Vernon flies through the air during a back tuck while Michael Duenas and Max Vernon assist her midair acrobatics during the Adult Gymnastics Class at IronWork's Gym, March 19. ABOVE: Chuck Bradshaw practices for the pommel horse by rotating his legs 360 degrees while supporting himself solely on his hands.

in midair, but it also strengthens the body's core muscles.

"This is a much different kind of (physical training)," said Michael Duenas, Adult Gymnastics Class instructor. "Marines come in here thinking 'I can do that,' but after about 15 minutes there usually saying 'Wow, lifting weights is much easier.' We focus on the whole body, from your toes to the tips of your hair."

"This is such a total body workout," said Nichole L. Lowenstein, one of Duenas' students. "In the four weeks I've been coming here my arms, legs and even stomach have been building up strength. One day, the muscles in my toes were even sore."

While some may be intimidated by flying through the air, the pace of the class is dictated solely by the ability and confidence of the students.

"We were doing back handsprings and back tucks on the first class," said Lowenstein, who has been participating in gymnastics on and off since the age of 9. "(Duenas) really makes you push yourself, but at the same time you're going at your own pace. There is so much support and help from everyone that it becomes very easy to try new things."



Nichole Harpel demonstrates a hand stand under the close supervision of Michael Duenas. With moves like these, the class offers a total body workout.

"I can teach a lot of advanced techniques, but it is completely up to the student on how fast they want to go," said Duenas, who has been a gymnastics instructor since 1990. "The students are also very supportive of each other, they're always encouraging each other to try new things."

Gymnastics also offers a fun alternate to a workout regimen that

can sometimes get monotonous.

"The rush when you go flying through the air is why I come, it's just so fun," said Lowenstein. "It brings me back to childhood memories."

Residents who are interested in the adult gymnastics course can pay \$50 for one month, or \$12.50 per class. The two-hour classes kick off every Sunday at 11 a.m. Contact IronWork's Gym for more information at 253-6578.



Nancy Vernon (left) and Nichole Harpel stretch out before the Adult Gymnastics Class at the IronWork's Gym. Flexibility, balance and strength are just some of the benefits of the class.

Mess Hall Lunch Menus

Week Of March 28 - April 1

Monday - Manhattan Clam Chowder, Sauerbraten, Caribbean Catfish, Oven Browned Potatoes, Red Beans, Calico Cabbage, Brown Gravy, Fresh Croissants

Tuesday - Spicy Baked Fish, Szechwan Chicken,

O'Brien Potatoes, Noodles Jefferson, French Fried Cauliflower, Broccoli Parmesan, Brown Gravy, Cheese Biscuit

Wednesday - El Rancho Stew, Caribbean Chicken, Noodle Jefferson, Brussel Sprouts, Simmer Corn, Corn Bread

Thursday - Pineapple Chicken, Liver and Onions, Candied Sweet Potatoes, Okra and Tomato Gumbo, Green Bean Southern Style, Chicken Gravy

Friday - Lemon Baked Fish, Beef Stroganoff, Potatoes Au Gratin, Grilled Cheese Sandwich, Cauliflower Combo, Black Eyed Peas, Chicken Gravy



M. C. Perry School Lunch Menus

Week Of March 28 - April 1

Monday - Meatloaf, Crispy Potato Wedges, Cinnamon Toast, Awesome Applesauce, Fresh Fruit, 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, Chilled Fruit Cocktail, Milk

Thursday - Ravioli with Meat Sauce Garden, Salad Ranch Dressing, Garlic Bread, Chilled Peaches, Cookie, Milk (Elementary No School)

Friday - All Beef Hot Dog, Carrot & Celery Sticks, Baked Beans, Macaroni & Cheese, Fresh Fruit, Milk

IWAKUNI SPORTS SCENE

PRESEASON SOFTBALL TOURNAMENT

Today, 6-9 p.m. and Saturday, 9 a.m. at the Parade Deck. Season begins Monday. Call 253-5777 for further details.

2005 FAR EAST POWERLIFTING CHAMPIONSHIPS

Saturday, 9 a.m. at the IronWorks Gym. Call 253-5051 for details.

YOUTH BASEBALL

Late registration is open through April 2 for \$40. For more information, call 253-3239.

TEEN STRENGTH TRAINING WORKSHOP

April 7, 3:30-5:30 p.m. Open to U.S. and Japanese Station personnel dependents who are ages 13-16. Sign-up for \$5 at the IronWorks Gym front desk before April 4. Call 253-5051 for details.

FAMILY APPRECIATION BOWLING DAYS

April 2 and 16, 1-5 p.m. All games cost \$.75. Call 253-4657 for more information.

WATER SAFETY INSTRUCTOR CLASS

April 4-15. Must have current lifeguard certification to enroll. For more details, call 253-4966.

39TH ANNUAL JAPANESE & AMERICAN GOODWILL KINTAI MARATHON

April 24, 10 a.m. The Station residents sign-up for \$15 at the IronWorks Gym front desk before April 11. The race is open to the Station and local residents. Three-man and four-man teams may be formed by S.O.F.A. 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 details.

Late game heroics put Samurai over Zama

STORY AND PHOTOS BY
CH. DAVE BONI
Combat Correspondent

The Matthew C. Perry boy's soccer team added their first notch in the win category with a thrilling 2-0 victory over Zama American High School, March 18.

The game, which the Samurai dominated throughout, was the first meeting of the young season for the two teams. Last year, Zama thrashed Perry in both their games by a total of 11 goals.

"I told my guys, 'If you work hard and do your best, we can compete with anyone,'" said Mark Lange, Samurai head coach. "This win will definitely help build confidence."

The Samurai seemed to be playing with all the confidence they needed from the start of the game. Behind a stout defense and superb goal tending by Alex Dahl, Perry kept the pressure on Zama by keeping the ball in Zama territory. The first half saw the Samurai take shot after shot, but unable to capitalize on breakaways and two on one situations.

The half ended with Zama escaping with a 0-0 tie and Perry shaking their heads in wonderment about the miss opportunities.

"We play every game by each half," said Lange. "We want to either win or tie each half. So, tying the first half, despite the missed opportunities is a win for us."

The second half began much like the first with the Samurai driving toward the goal and Zama trying to jump-start their own momentum. Led by forwards Chris Allison, Andre Fung and Adam Krievs, the Samurai offense created plenty of shot, but still were unable to score.

With the clock winding down and a tie becoming more evident, Fung took the ball near the Zama goal and fired a quick shot, which caromed off the Zama

goalie's hands and rolled right in front Samurai forward, Ronnie Solomon. Solomon turned and shot just past the goalie's out stretched arms into the corner of the net and finally Perry was on the scoreboard.

Moments later, Fung faked out the goalie for a second score, ending any chance for a Zama comeback.

"This was a great win for us," said Fung. "We lost our first two games by one goal and we are getting better every week. We have a lot more work to do, but I think we have a good chance to go far this year."

For Lange, the win was just another stepping stone in the right direction for the team.

"They (the soccer team) took their lumps last year," he said. "We are a young team and we have to improve in a lot of areas, but we will build on this win and get ready for the next game."



ABOVE: Jake Kuffel heads the ball away from Samurai territory late in the first half of the game. Strong defense from Kuffel and his counterparts led Matthew C. Perry to a 2-0 victory over Zama. RIGHT: Alex Cabral and a Zama defender go up for the ball during a game, March 18.



LEFT: Chris Allison races past two Zama defenders on a breakaway in the second half of the soccer game, March 18. ABOVE: Adam Krievs rushes toward the goal during the game against Zama. Krievs and the other Samurai forwards were held scoreless until the waning moments of the game.