

Torii Teller

VOLUME 50 NUMBER 19

MARINE CORPS AIR STATION IWAKUNI, JAPAN

MAY 27, 2005

INSIDE...

Skate or die!



Station youths take advantage of MCCA Youth and Teen Center trip to Okayama Sport Park.

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Bamboo: lean, mean, cuisine

Service members and families participate in a bamboo shoot harvest on Suoh-Oshima Island.



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One, two, three, Knock Out!

Marines and sailors watch Muay Thai fight-night in Thailand,



provided by the Single Marine Program.

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General reaches milestone with 1st MAW

LANCE CPT. LUKAS J. BLUM
Combat Correspondent

ROYAL THAI AIR STATION, UDON THANI, Thailand—Maj. Gen. Duane D. Thiessen, commanding general of the 1st Marine Aircraft Wing, visited the Marines representing the 1st MAW during Cobra Gold 2005 here, May 6-10.

Along with taking time to meet and discuss operations

with the Marines of the Aviation Combat Element of Cobra Gold 2005, Thiessen also reached a milestone in his duty as the commanding general by taking his last flight aboard an F/A-18D as commander before being reassigned as the commanding general of Marine Forces Korea.

"It's very hard to beat this assignment," said Thiessen. "It's a great environment, great people and great deployments."

The Marines of Marine Fighter Attack Squadron (All Weather) 121 were chosen to escort Thiessen on his last airborne experience with the 1st MAW.

1st Lt. Raymond S. Collins, VMFA(AW)-121 pilot, was given the privilege to be the pilot that the general sat behind.

"This was a huge honor for me," said Collins. "I thought the (commanding officer of VMFA(AW)-121) would've put a senior pilot with the general, but he had faith in our training and let me, a pretty junior pilot, have the honor of taking him up. I was little bit nervous, but he (Thiessen) told me to go out there and have a good time and do my nor-see GENERAL Page 5



Lance Cpl. Lukas J. Blum

Cpl. John G. Sanderson, Marine Fighter Attack Squadron 121 plane captain, salutes Maj. Gen. Duane D. Thiessen, commanding general of 1st Marine Aircraft Wing, as he prepares to take his last flight with 1st MAW.

Iwakuni Marines, sailors return home from Cobra Gold 2005

LANCE CPT. LUKAS J. BLUM
Combat Correspondent

ROYAL THAI AIR STATION, UDON THANI, Thailand — More than 300 Marines and sailors with the 1st Marine Aircraft Wing made their way back home to Marine Corps Air Station Iwakuni, May 21, after exercise Cobra Gold 2005 came to a close.

Cobra Gold 2005 was the 24th installment of the joint-combined multi-national training exercise held throughout the Royal Kingdom of Thailand which teamed up Thai, Singaporean and Japanese forces to conduct land, sea and air training operations.

"Our job was to represent the (Aviation Combat Element) by conducting air-to-air and air-to-ground training with the Royal Thai Air Force," said 1st Lt. Brandon Linton, Marine Forces ACE logistics officer.

"This exercise definitely enabled a lot of Marines to practice their (Military Occupational Specialty) in a field environment. This was also a chance for good team building with our allies, the Thais, and enables them to understand how we operate."

Leading the ACE element of Cobra Gold 2005 were the Green Knights of Marine Fighter Attack Squadron (All Weather) 121, who employ the F/A-18D aircraft, and the Sumos of Marine Aerial Refueler Transport Squadron 152, from Marine Corps Air Station Futenma, Okinawa, with the C-130 aircraft.

Completing more than 300 flight hours throughout Cobra Gold 2005, the Green Knights were able to conduct large-force exercises, air-to-air combat, air-to-ground combat and forward-air-control airborne training with the F-16s and the Alpha jets of the Royal Thai Air Force, Wing 23.

The Sumos were able to use the wide airspace and impact ranges to conduct air-delivery missions, and they also flew aerial refueling missions alongside VMFA(AW)-121.

The Marines on the ground supporting the aircraft also obtained crucial training throughout the exercise.

"This was a fantastic opportunity for our Marines to train in another country and work with our Thai allies," said Capt. Greg Lewis, Marine Wing Support Squadron 171 detachment commander. "The Marines had a chance to see what kind of issues arise in a field environment and how to solve them without all the equipment and support readily available to them back in Iwakuni. The Marines did a great job out here; when plans changed and problems arose they responded and basically just 'got 'er done'."

Commandant's vision focuses on Marines, extends Corps' capabilities for future conflicts

STAFF SGT. CINDY FISHER
Public Affairs, HQMC

HEADQUARTERS MARINE CORPS, Washington — The single most important weapons system in the Marine Corps' arsenal is the individual Marine, and the Corps' resources are aimed at enhancing this core capability.

That is the thrust of All Marine Message 018/05, signed April 18 by Commandant of the Marine Corps, Gen. Mike Hagee.

"We can talk about aircraft; we can

talk about howitzers; we can talk about tanks; but the individual Marine is the most important part of the Corps," Hagee said.

To remain the nation's force-readiness and meet the emerging challenges of the 21st century, the Corps needs to reorganize to maintain a rapid-response capability and technological edge. The commandant's Vision and Intent will do this through a focus on training, educating and equipping the individual Marine, in order to expand their battlefield capabilities.

"The Corps' continued priority is the Global War on Terrorism, and Marines are doing a tremendous job in this conflict," Hagee said. But, the Corps also has an obligation to prepare for the future and "we believe that our future will be characterized by irregular wars," as stated in the ALMAR.

"During Operation Iraqi Freedom when we marched to Baghdad, it was pretty much platoon against platoon, squad against squad, battalion against battalion," the commandant said. "In our case, sometimes, it was platoon

against company and platoon against battalion — our platoon, their battalion. It was no match — they lost.

"The enemy learned that and they don't want to take us on in normal formation. They don't want to take us on one-on-one. So they are attacking us asymmetrically," he said.

Examples of this type of irregular warfare are improvised explosive devices the propaganda insurgents are using in Iraq and the Oct. 12, 2000 attack on the USS Cole in the port of see COMMANDANT Page 5



Torii Teller

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Chaplain's Corner: Don't give up on your goals!

LT. TIMOTHY D. GAULT
MAG-12 Chaplain

St. Paul encouraged a young pastor named Timothy saying, "Do your best to present yourself to God as one approved, a workman who does not need to be ashamed..." (2 Timothy 2:15). Pastor Timothy needed encouragement to continue on in the work he was given. Perhaps you also need encouragement. If so, consider this story from Napoleon Hill.

R. U. Darby's uncle had "gold fever" in the old gold-rush days in the Wild West. So, he staked a claim and went to work digging with pick and shovel in the hills of Colorado. R. U. Darby went along to share in the pain and ... in the profits.

Once they started digging, they found that they had indeed one of the

richest mines in Colorado! They dug deeper and deeper. Purchased more elaborate equipment. They could see their profits even before they had mined the gold! Down went the drills. Up went the hopes of Darby and his Uncle. Then something happened. The vein of gold ore disappeared! Their mine had literally gone bust—or so they feared. But, they drilled on, desperately trying to pick up the vein again—all to no avail.

Finally, they decided to quit, to minimize their losses and preserve what little profits they had left. So, they sold the remaining assets from the mine to a junkyard dealer.

The owner of the junkyard hired a mining engineer—an expert in mineral deposits. The engineer surveyed the situation and calculated that the gold vein would start up about three feet from where the others had stopped digging.

The mine was reopened, and the junkyard owner took millions of dollars worth of gold from the vein that "disappeared."

What is it that you are about to give up? Is it worthwhile? Is it honorable? Have you done your best? Have you really reached a time when you need to change course or are you discouraged? Who have you consulted that may be able to help you over the obstacles you face?

You might be closer than you think to accomplishing your goals. If you are working toward something that is in keeping with our Core Values, keep working. If you are stalled, get the help of those who are experts in the areas in which you are having trouble. Whether you are three feet or three months short—don't quit. Don't give up on your goals! You will be glad you didn't.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

This week's column is commonly asked questions of the base veterinary clinic. The questions are answered by Army Captain Sandi K. Parriott, Iwakuni Veterinary Clinic.

1. What are the import requirements for animals?

The import requirements will tighten up on June 6. Every dog and cat entering Japan must have a Fluorescent Antibody Viral Neutralization blood test. The FAVN is a rabies titer test. In other words, how well an animal is protected against the rabies virus.

It is recommended to have the test done about 180 days before entry into Japan. If this is done and all the other requirements are met, there is no quarantine. The home quarantine time will be calculated from the time of FAVN blood collection to entry. This can range from 0-180 days of quarantine time.

All the animals must have a microchip inserted prior to entry. There is no specific time limit on when he/she needs to be chipped before arriving in Japan.

The rabies vaccine must be more than 30 days but less than 365 days old. The owners must also get a health certificate within 10 days of arrival. More specific details on these

requirements can be found by going to Japan District Veterinary Command website or the MCAS Iwakuni website under welcome aboard information.

2. If people have allergies but still want to own a pet, what do you suggest?

For those with allergies to dogs, it is recommended to get a breed with hair rather than fur. The difference is hair continues to grow whereas fur has a pre-determined length and then is shed. Those with fur have a higher percentage of dander that can cause allergic reactions in those that are sensitive. Some breeds that have hair rather than fur are: Poodles, Maltese, Bichon Frise, Schnauzers, Yorkshire Terriers, West Highland Terriers, Lhaso Apso, and Shih Tzu.

For the cat lovers with allergies, finding the right breed can be much harder. There are some breeds considered "hypoallergenic." Examples of these are the Devon Rex and the Sphinx.

There are several methods to reducing the hair and dander in the environment. The first would be to brush the pet often. This will reduce the amount of hair shed and keep down the dander by stimulating the natural oils in the coat. Shaving a cat or dog can also reduce the hair in the environment. Finally, shampooing with a gentle hypoallergenic shampoo can also help reduce allergens.

see INSPECTOR Page 4

CHATTERBOX

"It's here after 28 years of waiting, fans around the globe rejoice as the Star Wars saga wraps up with the premiere of Star Wars Episode III, Revenge of the Sith. But all is not well with the Force as arguments arise and Jedi take sides over which trilogy is best, new or old. So we hit the streets of Iwakuni to find out..."

Which trilogy and movie are the best?



Lance Cpl.
Elizabeth A.
Stein,
Homer N.Y.

"I like them both, they're both different but have great story lines. Return of the Jedi is the best because I like the Ewoks."



Gunnery
Sgt. James
M. Clark
Louisville,
Ky.

"The old ones are better because they were original and the camaraderie and slapstick between Han and Chewbacca. A New Hope is the best because it set the whole plot."



Lance
Cpl.
Christopher J.
Stankiewicz
Dalton,
Mass.

"Return of the Jedi is the best. Two words; Salacious Crumb. That Kowakian Monkey-Lizard had me at hello."



Lt. Cmdr.
Brent D.
Johnson
Williston,
N.D.

"Return of the Jedi, the original one not the newer one, because of the sense of victory, right over wrong and Luke's integrity. It told a story of redemption."

Green Knights touchdown at Cobra Gold '05

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

ROYAL THAI AIR STATION, UDONTHANI, Thailand — The lead Squadron of the Aviation Combat Element of Cobra Gold 2005, Marine Fighter Attack Squadron (All Weather) 121, completed their final training flight of the exercise, May 13.

Logging more than 300 flight hours throughout the annual training exercise, the Green Knights of VMFA(AW)-121 were able to conduct large force exercises, air to air combat, air to ground combat and forward air control airborne training with the Royal Thai Air Force, Wing 23.

"When we came out here, we wanted to get as much training for our young Wizos (weapons systems operators who ride in the back seat of F/A-18D's), said Maj. Jeff Ertwine, VMFA(AW)-121 operations officer. "We were able to get that knocked out and also got some good experience with different aircraft of a different country."

Employing F/A-18D aircraft, the Green Knights flew side-by-side with the Alpha Jets and F-16s of the Royal Thai Air Force.

"During the large force exercise we had our (F/A-

18D's) flying with the Alpha Jets and F-16s all on the same side vs. other (F/A-18D's), Alpha Jets and F-16s that were plying the role of enemy forces," said Ertwine. "We basically got to see how effective we could be when we integrate our forces."

Although the pilots representing two different countries did not speak the same language, they understood each other through flight.

"Communication was not a problem," said Ertwine. "They spoke a little English, so as long as we talked slow and deliberate there were no complications."

Taking the role of teacher, the Marines demonstrated certain tactics unfamiliar to their Thai counterparts.

"We were basically exposing them to how the Marine Corps conducts Forward Air Control Airborne," said Ertwine. "I was really surprised at their professionalism in training and impressed by their desire to learn more about close air support."

When the Green Knights were not flying, they had a unique opportunity to meet some of Thailand's younger residents.

"Going out on the orphanage visit Chaplain Dan Reardon and Jay Stovall (Single Marine Program coord-



Official USMC photo
The Green Knights were the lead squadron of the Aviation Combat Element of Cobra Gold 2005, a joint-combined multinational training exercise held throughout the Royal Kingdom of Thailand which teamed up Thai, Singaporean and Japanese forces to conduct land, sea and air training operations.

inator) was probably the biggest thing we did out here, I just hope we made a couple kids' day," said Ertwine. "Training is great, but bringing a little happiness to those kids was the highlight of this exercise."

"This was a very successful (deployment)," said Ertwine. "We got a lot of good training for our young guys and got to experience the Thai culture."

Headquarters sword of leadership is passed

LANCE Cpl. MARK FAYLOGA
Combat Correspondent

Marine Corps Air Station Iwakuni Headquarters and Headquarters Squadron posted a new sergeant major during a post and relief ceremony in the Building One Auditorium, due to inclement weather, May 18.

Sgt. Maj. Roland J. Daniel was relieved as H&HS sergeant major by Sgt. Maj. Jerry L. Bailey.

"It is a bittersweet day, and the weather is reflective of the mood," said Lt. Col. James C. Stewart, H&HS commanding officer. "We hate to say goodbye to Sgt. Maj. Daniel. He has molded the Marines of H&HS for the past three generations, under my command and my two predecessors."

This is Bailey's first time being stationed in Iwakuni, and also his first time serving as sergeant major.

"I'm looking forward to serving as the H&HS sergeant major," said Bailey. "It's always exciting to come to a new duty station and take on new duties, meet new Marines and have the opportunity to guide them and structure them."

Bailey added, "What I've seen from this squadron in the time I've been here is outstanding. I just want to keep everything going as smooth as it's going right now."

May 1985 was when Daniel received his first three-year tour to Iwakuni and in June 2002, Daniel returned to Iwakuni to serve as sergeant major for H&HS. He will report to 2nd battalion, 25th Marines, Garden City, N.Y. to serve as the Inspector-Instructor sergeant major.

"I'm looking forward to my new duty station," said Daniel. "I've never worked with a reserve unit, so this gives me the opportunity to see the other side of the Marine Corps, expand my horizons and see what the



Lance Cpl. Mark Fayloga

Lt. Col. James C. Stewart, Headquarters & Headquarters Squadron commanding officer (right) passes the sword to Sgt. Maj. Jerry L. Bailey posting him as the new H&HS sergeant major, during a post and relief ceremony, May 18.

reserves has to offer." Daniel departs Japan with words of advice for the non-commissioned officers of Iwakuni. "For most of my time here, I've dealt with my NCO's and they are the future leaders of the Marine Corps," said Daniel. "They need to mentor and lead young Marines down the right path."

NEWS BRIEFS

OUTDOOR POOLS OPEN

Both all ranks outdoor pools open Saturday. The Main Pool hours of operation that weekend, including Memorial Day, are noon to 6 p.m.

The hours for the all ranks pool at Club Iwakuni that weekend, including Memorial Day, are 11 a.m. to 9 p.m.

CULTURAL EXCHANGE OVERNIGHT TRIP TO TOKUJI CAMP SITE

The Cultural Exchange Program is looking for 20 youth in the third grade through sixth grade to participate in the overnight cultural exchange June 4-5.

Registration is available in Building 411, room 107. Seats are limited. Sign up before Tuesday. For details, call School Age Center at 253-4769.

MEMORIAL DAY OBSERVANCE

There will be a Memorial Day observance today at 3 p.m. The event is open to the Iwakuni community and is located at the Vietnam Memorial, across the street from the Commissary. The observance will last approximately 45 minutes with a brief history, a firing detail and the playing of taps.

MCCS IRONWORKS GYM RECREATION CENTER HIKING TRIP

The IronWorks Gym recreation center will be hosting a hiking trip on Oshima Island, Saturday. The bus will depart from the gym at 8:00 a.m. For more details, contact Philip Beal at 253-3822.

Marines, sailors motivate at Field Mess Night

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

Dressed in green utilities, 782 gear and face paint, Sgt. Adam Baldwin, Marine Aviation Logistics Squadron 12 I-level harrier engine mechanic, stood at the position of attention awaiting the charges against him. One of his Marines, who he believed framed him, Cpl. Robert F. Sosa, MALS-12 I-level Harrier engine mechanic, called him out for bringing an unauthorized guest (a shirtless photo of David Hasselhoff) to the "MALS-12 only" meal.

When asked how he could do such a thing, Baldwin, spinning in a world of confusion and embarrassment, couldn't think of a good explanation.

His fine - \$5 to the fine box.

Over 500 Marines enjoyed a night of laughter as they celebrated a time-honored tradition in the Corps, the 2nd Annual MALS-12 Field Mess Night, hosted in the North side pavilion, May 19.

The Mess Night is a time for Marines to revisit with the traditions and customs of the Marine Corps, said Sgt. Maj. Larry W. Morris, Marine Fighter Attack Squadron 122 sergeant major and honored guest at the event. Mess nights give young Marines the opportunity to see brothers and sisters of the Corps bond and strengthen that everlasting camaraderie.



Photo provided by Sgt. Maj. Devell Durham

Marine Aviation Logistics Squadron 12 Marines stand at parade rest behind their assigned seats waiting the night to begin at their 2nd Annual Field Mess Night.

derie.

The night began with opening remarks from Lt. Col. Harold D. Johnson III, MALS-12 commanding officer and president of the mess.

Lt. Cmdr. Brent Johnson, Station chaplain, followed with the invocation. From there the floor was open for the sidesplitting and uproarious part of the night - the fines.

A Marine could charge another mess member with an offense to the president of the mess who

would decide if their accusation was valid enough for a fine.

With all cases, evidence was required. In order to state a situation, mess members would have to stand at the position of attention and ask the vice president, Sgt. Sheena Dowd, MALS-12 corrosion control facility coordinator, for permission to address the mess. If permission was granted, they could state their case. Case after case, mess members were rolling on the floor from laughing so hard.

"This was my first Field Mess Night and I thought it was hilarious," said Lance Cpl. Wendy Burgess, MALS-12 I-level F-404 mechanic. "Everyone - officers, staff NCOs, NCOs and below can't stop laughing at the pranks the Marines are playing on each other."

What goes up, must come down. As the laughter lowered to a chuckle, the night ended with toasts to the battles of the past and present, and to the future of the Marine Corps. The solemn moments of the night included a toast to the Prisoner of War/Missing in Action and fallen soldiers tables. The room was silent as they tables were explained, the last toasts of the night.

"Events like tonight are meant to remind you of your roots," said Burgess. "It is also meant to honor those who have perished before and those fighting now."

Courts Martial

- A petty officer 2nd class, Headquarters and Headquarters Squadron, was found guilty at a General Court Martial of wrongfully receiving and possessing child pornography. The petty officer was sentenced to confinement for 36 months and reduced to the rank of seaman recruit. He will forfeit all pay and allowances and was awarded a Dishonorable Discharge.

- A sergeant, Marine Wing Support Squadron 171, was found guilty at a Special Court Martial of violating a lawful general order, adultery and fraternization. The sergeant was reduced to the rank of corporal, reprimanded and will forfeit \$400 pay per month for three months.

- A private, Marine Aviation Logistics Squadron 12, was found guilty at a Special Court Martial of violating a lawful general order, assault and being drunk on duty. The private was sentenced to confinement for eight months. He will forfeit \$823 pay per month for eight months and was awarded a Bad Conduct discharge.

- A corporal, Marine Aircraft Group 12, was found guilty at a Summary Court Martial of larceny. The corporal was sentenced to 60 days restriction and reduced to the rank of private first class. He will forfeit \$923 pay per month for one month.

- A lance corporal, Headquarters and Headquarters Squadron, was found guilty at a Summary Court Martial of violating a general order, hazing and assault. The lance corporal was sentenced to 30 days confinement and reduced to the rank of private first class. He will forfeit \$923 pay per month for one month.

- A private first class, Headquarters and Headquarters Squadron, was found guilty at a Summary Court Martial of wrongful use of marijuana. The private first class was sentenced to 30 days confinement and reduced to the rank of private. He will forfeit \$823 pay per month for one month.

- A staff sergeant, Marine Aircraft Group 12, was found guilty at a Summary Court Martial of violating a lawful general order, adultery. The staff sergeant was reduced to the rank of sergeant and sentenced to 60 days restriction.

- A corporal, Headquarters and Headquarters Squadron, was found guilty at a Summary Court Martial of violating a lawful general order, hazing, assault, and making a false official statement. The corporal was sentenced to 15 days confinement, reduced to the rank of lance corporal and given 30 days restriction. He will forfeit \$1,031 pay per month for one month.

INSPECTOR from Page 2

3. What are the shot requirements for cats and dogs?

Rabies vaccines are given initially at 12 weeks of age or older and then annually for all dogs and cats. If an animal has been vaccinated with a three-year vaccine in the states, they must still be given a rabies vaccine yearly in Japan to conform to the government of Japan regulations.

Other vaccinations required would be distemper for both dogs and cats. Dogs, if they board, will need to get a Bordetella vaccine (aka Kennel cough) every six months and any cats going outside should be given Feline Leukemia vaccinations annually.

4. If a dog is purchased in Japan, what are the steps to get the animal registered and able to go to the States?

The animals purchased in Japan need the same vaccines as those mentioned above along with a microchip. To leave Japan, they would also need to have

a health certificate within 10 days of leaving. Those pets already here and those acquired while in Japan do not need a FAVN test at this time unless they are going to Hawaii, Guam, New Zealand, United Kingdom or Australia.

To register a pet on base, just drop by housing or the veterinary clinic and pick up a form. The form will be signed and dated by the owner. The veterinary staff will fill out the vaccination, microchip, and neuter information. The form is then turned over to housing.

To register a pet off base, forms are also available at the veterinary clinic. These must be filled out and returned to Iwakuni City Hall with a fee of about 3,500 Yen.

5. Are there any places around base that sell animals?

There are no places on base that sell pets. According to base regulations, there should be no breeding of animals while living in base housing. There are several pet stores in and around Iwakuni. The animals

from the pet stores are extremely expensive. For example, a puppy that is sold at \$200 to \$400 in the States will be sold at \$1000 to \$1200 in Japan.

6. If there is an emergency, who should be contacted?

The Iwakuni Veterinary Treatment Facility is considered a full-service clinic. The veterinary technician and the veterinarian are on call 24-7 for emergency purposes.

After working hours, call pager number 253-9000 and enter #169. The veterinary technician will return your call and do a brief triage. He will then contact the veterinarian for treatment options.

7. Are surgeries offered at the VTF?

Full service clinic means all routine surgery including spay, neuter, declaw, etc. Specialty operations, such as orthopedic work will depend on the skill of the doctor. For specific questions on specific procedures, call 253-3588 during 8 a.m. to 4 p.m. Monday through Friday.

Station sees rise in prescription, cough medicine abuse

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

On July 16, 2004 Misty Fetko walked into her son's room to kiss him awake, a special act the two shared each morning. His body lay motionless. Her heart began to beat faster. He was dead. The autopsy revealed that her 18-year-old son, scheduled to leave for college in two days, had overdosed on drugs. It wasn't cocaine, ecstasy, PCP or heroin.

In fact, the drugs that caused his death weren't even purchased from a dealer. They were purchased from a pharmacy. His death was attributed to the ingestion of a large amount of cough syrup.

Currently, Station officials are seeing a rise in the number of teens abusing over-the-counter, prescription and illegal drugs here.

"Naval Criminal Investigative Service is currently conducting an investigation on Station teens abusing a variety of drugs to include: prescrip-

tion drugs, marijuana and other controlled substances," said David Truesdale, NCIS agent.

According to the U.S. Department of Health and Human Services, some of the most abused prescription drugs are Demorol, OxyContin, Tylenol with codeine, and Vicodin.

These drugs, if misused, can lead to tolerance, physical dependence, addiction, severe respiratory depression, brain damage, and life threatening circumstances or even death.

Along with abusing the use of prescription drugs, one of the most readily available drugs that teens are abusing on the Station is common, over-the-counter cough syrup.

Dextromethorphan can be found in some brands of cough remedies such as: Robitussin, Delsym, Pertussin,



Lance Cpt. Cristin K. Bartter

Station officials are seeing a rise in the number of teens abusing over-the-counter, prescription and illegal drugs, according to David Truesdale, NCIS agent.

Drixoral, Vicks Formula 44, Sudafed Coricidin, Contac, and other generic brands. Most DXM medicines are labeled as DM or maximum strength.

"Some of the overdose symptoms of DXM are coma, convulsions, depression, high fever, irregular heartbeat, nausea, panic, rapid breathing, tremor, vomiting or even death," said Lt. Cmdr. Mladen K.

GENERAL from Page 1

mal procedures so he put me at ease pretty quick."

Testing the limits of the aircraft, and the general, Collins streaked across the sky at an altitude of 500 feet and a thundering speed of more than 540 mph.

During their flight, Collins and Thiessen worked together in Close Air Support tactics, aerial refueling and forward air control tactics.

They also practiced their aerial marksmanship by dropping two 500-

pound High Explosive bombs on targets determined by a forward air controller on the ground directing their fire.

"Once we got in the air, he (Thiessen) was just another aircrew member," said Collins. "He assisted me with the pre-flight, maintained sight on the lead and talked my eyes onto the target."

After landing the aircraft with a successful mission under his belt, Thiessen was greeted by Marines of VMFA(AW)-121 with an aviation tradition.

Bringing a bottle of Champagne onto the flightline, the youngest aviator in

the Squadron and the youngest Marine, of legal drinking age, shared a drink with the general to pay their respect for his contributions to the Marine Corps as well as the 1st MAW.

"Sharing a drink after an aviators last flight is an old tradition," said 1st Lt. Christopher Allain, VMFA(AW)-121 pilot who shared a drink with the general after his flight. "It's the old turning over to the new."

"It was a huge honor for me to be able to be a part of the general's last flight," said Lance Cpl. Anthony

Vranjican, Branch Health Clinic pharmacy officer. "The common side effects of DXM can last for as long as six hours. The psychoactive effects of DXM kick in when an individual abuses the legal drug by taking massive amounts," Vranjican added. "You're not getting any healthier or stronger by abusing them. It's destructive."

Prescription and over-the-counter drugs have all been proven safe and effective for treatment of specified ailments. However, when individuals take them in abusive amounts, drugs of any kind can be deadly.

"Talk with your children about the negative effects of drug and alcohol use," said Navy Lt. Joel Peterson, BHC general medical officer. "This may prevent many difficulties in their future lives. Also, explain to them the importance of not abusing legal medications such as cough medicine."

Thumbnail of this story found on page 10

COMMANDANT from Page 1

Yemen, the general said.

To combat irregular warfare, "we are going to better equip, better train and better educate our Marines so that they can work faster than the bad guys," the general said.

For example, to combat IEDs the Corps is developing technology to locate IEDs where they are assembled rather than wait until they have been emplaced on the battlefield.

Marines can also expect more cultural education at centers such as the Training and Education Command's "Center for Advanced Operational Culture Learning" scheduled to begin operation in October at Marine Corps Base Quantico, Va.

"A better understanding of the people we are trying to help and the people we are fighting - their culture, what they think is unimportant, what they think is important - will help us," said the general.

The general is determined that his Marines will be the fastest on the battlefield. Sea-basing is one of the concepts that will ensure this, he said.

In January 2003, the Navy and Marine Corps team put 70,000 Marines with all their equipment and sustaining into Kuwait in less than 60 days. Sea basing will increase this capability, the general said.

"(Sea basing) is going to make us faster. Sea basing is going to give us the capability to put a Marine Expeditionary Brigade of about 15,000 Marines any

place in the world in 10 to 12 days," the general said.

If the Corps can do that, "we change the entire conflict equation," he said.

"Ten to 15 years ago, we didn't have the real technology to enable us to take advantage of what the individual Marine can do," the general said. "We have that technology today."

To better meet the demands of future battles, the Corps is also shifting some of its capabilities, the general said. During the next four years, the Corps is scheduled to stand up two additional active duty infantry battalions, three light armored reconnaissance companies, three reconnaissance companies, two force reconnaissance platoons and an air and naval gunfire liaison company.

On the reserve side, the Corps plans to stand up an anti-terrorism battalion, two light armored reconnaissance companies and an intelligence support battalion.

To accommodate this change there will be a reduction in the number of artillery, tank and low-altitude air defense units. Military occupational specialties totaling about 6,000 Marines will also be affected by the changes. Expect an increase in specialties such as intelligence, satellite communications, explosives ordnance disposal and civil affairs. A reduction in fields such as food specialist and fabric repair are also anticipated. But Marines should know that the Corps is going to take care of them, Hagee said. "If they are doing a good job and they want to stay in the Marine

Corps, then we are going to ensure that happens."

The Corps will also expend more effort to increase its counter-insurgency, counter-terrorism and internal defense of partner-countries.

Though the Corps spends a lot of time talking about and preparing for major combat operations, it spends a lot of time performing at the other end of the spectrum - small contingencies, Hagee said. "We should spend more time on cooperative security, training partner-nation armed forces so that they can better address any security issues that they have. So ... if we have to go in, they ask us to come in and help, we already have a working relationship with them, and we can better help them. That's why we're standing up this Foreign Military Training Unit."

The commandant has given the deputy commandants and Marine Forces commanders various mission tasks to implement his vision, but it doesn't end there. The general charges every Marine to read the Vision and Intent.

"Truly read it and truly understand it," Hagee said. "Then, you will have an idea of where we are really going to put our resources, ... and you'll see that a lot of that has to do with education. A lot of that has to do with increasing our cultural understanding of other people, other religions and that's also education. And you'll also see that we are going to spend more time on equipping the individual Marine to be successful in the type of battlefield that we think he or she is going to be on the future."

TEENS
OLLIE
INTO

STORY AND PHOTOS BY
LANCE CH. MARK FAYLOGA
Combat Correspondent

Marine Corps Community Services Youth and Teen Center brought 60 Iwakuni youths to Asia's largest action sports park, Okayama Sport Park, Saturday. The trip was just one of the many services offered by the Iwakuni Teen Center. "We are proud to have the best teen center in the Pacific," said Eugene Clark, MCCS youth activities coordinator. "We have plenty of activities and events for the youth to be involved in and it's in a supervised and safe environment."

The center, which is located behind Torii Video, offers billiards, computers with Internet access, video games, movies, instruments with lessons and a number of other various programs and activities. All new programs and items added to the center are decided on by the youth themselves.

AT SPORTS PARK

"It's a place where teens can go hang out, have fun, be around a friendly staff and just, like chill," said Cassandra C. Dahl, 13. "The trips we take are really great too, because it's a chance to get together with friends and go out and see something besides the Station."

All events and activities involved with the

teen center directly represent the choice of the teens.

"We have a keystone club, made up of the youth, who attend the center with elected officials who get together and vote on new things for the center," said Clark. "That's the great thing about the center. The kids get what they want."

The center hosts many clubs and it only takes three people to start a new club. After a hobby has support from three people their new club is then recognized by the center and can lobby for new equipment or trips to support their club.

"Teens should come in to the center because there is always something exciting to do and it's a fun environment to hang out with your peers," said Clark.

The center is open seven days a week Monday through Thursday from 2:30 to 9 p.m. Friday from 2:30 to 11 p.m. Saturday from 12 to 11 p.m. and Sunday from 12 to 5 p.m.

For more information about the center contact 253-5072.



TOP: Crystal L. Ortiz, MCCS youth and teen center operation assistant, warms up for a climb on one of the smaller walls available at the park, Saturday. LEFT: Iwakuni youth go for a skate during a trip to the Okayama Sport Park. FAR LEFT: Chris A. Lupton, 15, braces himself for landing, after completing a front flip in the park's foam pit. The pit allowed the skaters to practice tricks without risk of injury.

Bamboo- the universal use plant

LANCE CH. MARK FAYLOGA
Combat Correspondent

Bamboo is an extremely versatile material and has many uses. In Japan it can serve as a tool, a toy or a decoration.

Recently Station service members and their families participated with Japanese Maritime Self Defense Forces and their families in a bamboo shoot harvest on Suoh-Oshima Island. An annual event, the harvesting of bamboo shoots regulates the bamboo population and celebrates the versatile plant.

"Bamboo grows very rapidly," said Minoru Yasumoto, Japanese farmer. "It would take a pine tree ten years to grow the same size it takes bamboo one year to grow."

Japanese Timber Bamboo (*Phyllostachys bambusoides*) can grow 12 inches a day and reach a final size of over 70 feet with a 6-inch circumference.

"The rapid growth of the bamboo can wipe out the other plant life in the area," said Minoru. "So, we (Japanese farmers) get together to regulate the growth of the bamboo by removing the bamboo shoots, before they can mature and spread."

A bamboo shoot is the root of the bamboo plant and is also edible. It is the crunchy and creamy white vegetable often found prepared in Asian food. It's



surprising how many people have eaten bamboo shoots without even knowing.

"The food was awesome," said Sgt. Anthony J. Adamson, Headquarters and Headquarters Squadron production chief. "The meal (takenoko-gohan rice seasoned with soy sauce and boiled with meat, bamboo shoots and other vegetables) they made was

the best rice I've ever tasted. The bamboo shoots were great too."

During the harvest, newly sprouting bamboo shoots were dug up and cooked. The shoots were sliced and cooked and added to a variety of dishes which were eaten out of bamboo bowls with bamboo chopsticks and washed down with a beverage out of a bamboo cup. Children also played with toys made of bamboo and patrons tried their hand at creating bamboo items.

"I enjoyed seeing how versatile bamboo is," said Adamson. "They used it for all sorts of things, they made my daughter a basket and I attempted to make a flower pot."

The event was enjoyed by all who



Photos by Tadahiho Ozako

ABOVE: Thomas J. Coakley, 11, enjoys his meal of bamboo shoots, rice and chicken out of his bamboo bowl during a bamboo shoot harvest at Suoh-Oshima Island. RIGHT: Sgt. Anthony J. Adamson, Headquarters and Headquarters Squadron, Combat Visual Information Center production chief, excavates a bamboo shoot with the help of his daughter, Ivy L. Adamson, age 4.

participated and was a unique experience for the American guests.

"The thing I liked the most was the fact that the bamboo was like a weed to them," said Adamson. "But rather than just cutting it all down and burning it, they used it to have a really great day."



Japanese children smooth their bamboo bowls out with sandpaper. Bamboo was used to make an assortment of items ranging from dishware to toys.

OUT THE GATE

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

Bonsai Plant Display

A display is scheduled at the Hiroshima Botanical Garden, exhibition building, Saturday through Thursday, 9 a.m. to 4 p.m. Approximately 100 pots of wild grass bonsai plants, similar to miniature garden, will be displayed in the exhibition building. Admission fee is required to enter the garden. For further in-

formation, call 082-922-3600.

Plaza Festival

Iwakuni City Recycle Plaza is offering a festival Saturday, 9 a.m. to noon in the parking lot of the Recycle Plaza. Inside, there will be a fashion show and baskets, potteries and patchworks for sale. There also will be a toy repair shop. This event will run rain or shine. Call 32-5371 for more details.

Japanese Calligraphy Display

Nearly 80 pieces of Japanese calligraphy will be on display at the exhibition hall in Sinfonia Iwakuni to-

day and Saturday, 9 a.m. to 5 p.m., and Sunday, 9 a.m. to 4 p.m. Some pieces are decorated inside frames, written on folding screens or hanging scrolls. Admission is free. Call 46-1032 or 31-3514 for more information.

Japanese Traditional Chant and Dance Performance

A Japanese chanting of a Noh drama text with a dance performance by Kita school will be held at Sinfonia Iwakuni, multipurpose hall Sunday, from 1 p.m. to 4:30 p.m. Admission is free. For details, call 21-6560.

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 Skyline, 1991, 2 door, turbo charged, new parts, JCI until Aug. 2006, \$1,500. Call Dave at 253-5551 dwh or 253-7694 aw.

Nissan Laurel, 1993, mid-size, JCI until July 2006, \$1,200 obo. Call Capt. Turkal at 253-5133 dwh or 253-7723 aw.

Nissan Prairie, 1990, van, very clean, cold A/C, JCI until Dec. 2005, \$1,400. Call Gene at 253-3419 dwh or 253-2132 aw.

Mitsubishi RVR, 1993, green 3 door, full-time 4WD, diesel, 4 passenger mini van, CD/tape player, great condition, JCI until July 2006, \$1,200. Call Lara at 253-4768 dwh or 253-2084 aw.

Blackbird, 1999, 1,100cc, black, gold details, low mileage, great condition. Call Vincent at 253-2084.

Nissan Terrano, 1988, red 4WD, 2 door truck, Pioneer CD player, great condition, JCI until Sept. 2006, \$1,500. Call Vincent at 253-2084.

Nissan, Prairie, 1991, 4 door, good condition, 3rd row seating, sliding doors, newly replaced fuel injectors, JCI until April 2006, \$750. Call Iain at 253-2634.

Nissan Skyline, 1993,

great condition, low km, well maintained, recycle fees/road tax paid, JCI until 2006, \$1,800. Call Sean or Jolyn at 253-4729 dwh or 253-2291 aw.

Nissan Skyline, 1993, GTS25, 4 door, gray, A/C, Kenwood AM/FM/CD/cassette, remote, JCI until Nov. 2006, \$2,000. If purchased with the following Toyota Pruminent, \$2,200. Call Lacy or SSgt. Wilson at 253-4197 dwh or 253-2317 aw.

Toyota Pruminent, 1992, white, CD changer/radio/cassette, good condition, clean interior, 4 door, recycle fee/road tax paid, JCI until March 2006, \$300. If purchased with the above Nissan Skyline, \$2,200. Call Lacy or SSgt. Wilson at 253-4197 dwh or 253-2317 aw.

Nissan Laurel, 1993, new tires, dark grey, 4 doors, JCI until Aug. 2006, \$2,250 obo. Call 253-2144.

Harley Davidson, 1200 Sportster XL Custom, 2003, 1,200cc, 2,350 miles, one original owner, extra chromes, 100th year anniversary edition, JCI until June 2005, \$8,250. Call Peter at 253-6909 dwh or 090-9415-4075.

Harley Ultra Glide, 1988, great condition, low km, road tax paid, well maintained, JCI till 2006, \$7,500.

Call Sean or Jolyn at 253-4729 dwh or 253-2291 aw.

OTHER ITEMS

Misc., Farberware Red 10 speed hand mixer with attachments, still under manufacturer warranty, bought for \$25 in Feb., \$20; Farberware Red microwave oven, .6 cubic feet, 17x11 1/2x10"H, bought for \$80, barely used, \$60. Call Sherry at 253-2607.

Misc., Woodland digital cammie pants, used but no fading, size med-X-short, \$20 obo. Call 253-2661.

Misc., La-Z-boy recliner-rocker, great condition, \$100 obo. Call Lt. Pedden at 253-2634.

Misc., 12 ft. boat, inserts, new battery, trolling motor, \$1,500. Call MGySgt. Fung at 253-6417 dwh or 253-2807 aw.

Misc., kerosene heater, Toyotomi, excellent condition, digital, \$90.; Nordic Track Treadmill, Walk Fit 4000, \$80. Call Mark Nedzala at 253-5353 dwh or 253-2217 aw.

Misc., Whirlpool washer and dryer, washer works fine, dryer needs a part, \$200. Call 253-5197 dwh or 253-2566 aw.

Misc., O'Sullivan T.V. stand with storage, \$50; free dining room set,

table, 6 chairs. Call Tina Corbeill at 253-2498.

WANTED

Misc., looking to purchase a lawn mower, cheap but works. Call MGySgt. Fung at 253-6417 dwh or 253-2807 aw.

JOB OPENINGS

Native American Management Services, Inc. Part time Career Transition Trainer is needed to facilitate training seminars. Must have knowledge of U.S. labor market and experience in job search techniques. E-mail resume to ssauntry@namsinc.org or fax to (703) 821-3680. Call 253-6439 for details.

SATO Travel

Travel agent position is open. Pick up application or drop off resume at Sato Travel, in the Building 1100. Call 253-3572 for further information.

English Instructor

For 1 hour per week in your home, 4-5 young students at \$1,000 per child. Call 253-3822 dwh or 32-4753 aw.

English Instructor

For off base company, alternate one of two evening classes until mid June then assume both classes, experienced and professional teacher only. Call 253-2144.

COMMUNITY BRIEFS CHRO

CHRO Training

■ **Acculturation Program Training**: June 10, 8 a.m. to noon.
■ **Organizational Communication: Effective Presentations**: June 20-22, 8 a.m. to 4:30 p.m.
■ **How To Catch Yourself "Leading Right"**: Aug. 24-26, 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 (253-3727)

■ **Country Western Dance Party**: Saturday 9 p.m. all ranks in the Club Iwakuni Ballroom. Adults only.
■ **Latin Dance Party**: Saturday, 9 p.m. all ranks in the Club Iwakuni Ballroom. Adults only.
■ **Sunset Garden**: Sunday, 6-9 p.m. Display your talent to the Station plugged or unplugged, on the Club Iwakuni verandah. All are welcome.

MCX (253-5641)

■ **Memorial Day Sale**: Now through Monday. Discount on Coleman products.
■ **Father's Day Sale**: June 9-19. Discounts on electronics, apparel, men's gift sets and more.

Single Marine Program (253-3585)

■ **Universal Studios**: Sunday, 5 a.m. to 10 p.m. \$20 transportation fee due at sign up. Bring yen for admission, lunch and souvenirs.

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 the 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 an afternoon of fun.
■ **Teen Keystone Meeting**: Every Friday, 5-7 p.m. Teens interested in making the Teen Program even better are invited to join the committee. Call 253-6454 for details.

Sponsorship Training

Thursday, 10-11 a.m. Attend this mandatory class to learn what it takes to effectively sponsor someone transferring to MCAS Iwakuni. Call 253-3311 for details.

Play Morning

Tuesdays, 9:30-11 a.m., and Thursdays, 10-11:30 a.m. at the Building 657, community room. Call 253-6553 to sign up. Kids enjoy crafts, free play and songs.

Home Buying Workshop

Thursday, 11 a.m. to 1 p.m. A great workshop for first time and experienced homebuyers alike. For more information, call 253-6250.

Free Camping And Recreational Gear

Outdoor Recreation in the IronWorks Gym lends the Station residents camping, picnic and recreational gear for three days, free of charge. The gear includes tents, sleeping bags, coolers, water jugs, propane stoves, propane lanterns, electric lanterns, backpacks, ISO mats, tables, chairs, canoes and kayaks for rivers, lakes, and dams and much more. All items are available year-round. Ocean kayaks, jet skis and a pontoon party boat can be rented at the Marina. Call 253-3822 for details.

OTHER

JAS Japanese Classes

The Japanese American Society is offering two classes for any level of learner. Classes are offered on Thursday, 11:45 a.m. to 12:45 p.m., and Saturday, 10-11 a.m. Fee is \$20 per month plus a small fee to join JAS. For details, call 253-4771 or e-mail jasiwakuni@mx5.tiki.ne.jp. Classes will begin when five or more have registered.

MOVIE SCHEDULE

SAKURA THEATER

FRIDAY - 7 p.m. Star Wars: Episode III (PG-13); 10 p.m. The Upside Of Anger (R)

SATURDAY - 1 p.m. Ice Princess (G); 4 p.m. Guess Who (PG-13); 7 p.m.: Fever Pitch (PG-13); 10 p.m. Sin City (R)

SUNDAY - 1 p.m. Star Wars: Episode III (PG-13); 4 p.m. Fever Pitch (PG-13); 7 p.m. Sin City (R)

MONDAY - 11 a.m. Star Wars: Episode III (PG-13); 4 p.m. Star Wars: Episode III (PG-13); 8 p.m. Star Wars: Episode III (PG-13)

TUESDAY - 7 p.m. The Upside Of Anger (R)

WEDNESDAY - 7 p.m. Guess Who (PG-13)

THURSDAY - 7 p.m. Ice Princess (G)

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. Catch Me If You Can (PG-13); 2

p.m./8 p.m. Elektra (PG-13); 11 p.m./5 a.m. I Heart Huckabees (R); 2 a.m. Basic (R)

SATURDAY - 11 a.m./5 p.m. I. Robot (PG-13); 2 p.m./8 p.m. Meet The Fockers (PG-13); 11 p.m./5 a.m. Seed Of Chucky (R); 2 a.m. Black Knight (PG-13)

SUNDAY - 11 a.m./5 p.m. Star Wars II: Attack Of The Clones (PG); 2 p.m./8 p.m. Ocean's Twelve (PG-13); 11 p.m./5 a.m. The Count Of Monte Crisco (PG-13); 2 a.m. American Wedding (R)

MONDAY - 11 a.m./5 p.m. Miss Congeniality (PG-13); 2 p.m./8 p.m. Spanglish (PG-13); 11 p.m./5 a.m. Fright Night (R); 2 a.m. Captain Corelli's Mandolin (R)

TUESDAY - 11 a.m./5 p.m. Mr. 3000 (PG-13); 2 p.m./8 p.m. Hearts In Atlantis (PG-13); 11 p.m./5 a.m. Closer (R); 2 a.m. Eurotrip (R)

WEDNESDAY - 11 a.m./5 p.m. Aristocats (G); 2 p.m./8 p.m. Four Feathers (PG-13); 11 p.m./5 a.m. All About The Benjamins (R); 2 a.m. Ghostworld (R)

THURSDAY - 11 a.m./5 p.m. Fat Albert (PG); 2 p.m./8 p.m. After The Sunset (PG-13); 11 p.m./5 a.m. Bridget Jones: Edge Of Reason (R); 2 a.m. Blow (R)

Nihongo de...

咳止め薬、処方薬の濫用が岩国基地で増加

2004年7月16日、ミステイ・フェッコーは毎朝の習慣どおり、息子をキスで起こすため、息子の部屋に入っていった。息子の体はびくりとも動かないまま横たわっており、彼女の心臓の鼓動はだんだん早くなっていった。このとき彼は既にじくなっていた。二日後には入学入学のために家を出ることになっていたこの18歳の息子は、検死の結果、薬物の過剰摂取が死因だとわかった。その薬物はコカインでも、エクスタシーでも、PCPでもヘロインでもなかった。彼を死に至らしめたものは、薬物の売人からは買うことはできないが、薬局では購入可能である。彼の死は、咳止めシロップの過剰摂取によるものであった。

岩国基地関係者によると、現在岩国基地内で、処方箋不要の薬、処方薬、違法な薬を濫用している10代の若者が増加しているという。

「米海軍犯罪捜査局 (NCIS) は、現在、様々な薬物を過剰摂取している岩国基地在住の10代の若者に対して調査を行っている。対象薬物は、処方薬、マリファナ、その他の規制薬物である。」とNCIS、デヴィット・トルーズデール調査官は話す。

米国保健社会福祉省によると、最も濫用されている処方薬は、Demoral (デモラル)、OxyContin (オキシコンチン)、Tylenol with codeine (コデイン入りのタイレノール)、Vicodin (バイコディン) などである。これらの薬を誤って使用すると、耐性、身体的依存、中毒、深刻な呼吸障害、脳障害、命に関わる状態、または死を引き起こすことがある。

処方薬の濫用以外に、岩国基地内の10代の若者が過剰摂取している簡単に入手可能な薬は、処方箋不要の咳止めシロップである。

デキストロメトルファン (DXM:鎮咳剤) は、数社の咳止め薬の中に入っている。例えば、Robitussin (ロビタシン)、Delsym (デルシム)、Pertussin (パートゥシン)、Drixoral (ドリクシオロール)、Vicks formula 44 (ヴィックス・フォーミュラ44)、Sudafed Pseudoephedrine (スーダフェッド・コリシディン)、 Contac (コンタック)、その他ノーブランドの医薬品などである。ほとんどのDXM入りの薬は、「DXM」または「最強の効き目」と表示されている。

「DXMの過剰摂取によって現れる症状は、昏睡状態、痙攣、うつ病、高熱、不整脈、嘔気、パニック症状、呼吸促進、麻痺、嘔吐、あるいは死亡である。」と横須賀海軍病院、岩国クリニック、薬剤師、ムラデン・K・ブランジカン少佐は話す。「DXMの一般的な副作用は8時間続く。DXMの精神活性効果は、合法的な薬物を多量に摂取したときにあらわれる。」

「薬物を大量に摂取することでより健康にまたは強くなれるわけではない。大量摂取は有害なことである。」とブランジカン少佐は付け加えた。

処方薬または処方箋不要の薬はすべて、特定の病気の治療に安全かつ効果的であると証明されている。しかし、過剰に摂取すると、どんな薬でも致命的となる。

「薬物使用やアルコール使用の弊害について自分の子供達に話をしてほしい。」と岩国クリニック、軍医、ジョエル・ピーターソン大尉は話す。「話をするだけで、子供達の将来の生活における様々な困難を防ぐことができる。また、子供達には、咳止め薬などの合法的な薬物を大量に摂取しないことの重要性を説明するべきである。」

This story is a translation of the top of page 5 text. 本文は5ページ上段の記事の日本語訳です。

CHAPEL RELIGIOUS SERVICES

Roman Catholic

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

Protestant

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

Cooperative Chapel Ministries

Wednesday 6:30 p.m. AWANA Children's Program
3rd Saturday 8 a.m. Men's Fellowship Breakfast

LAY LED RELIGIOUS SERVICES

Jewish

Friday 6 p.m. Shabbat Service

Seventh-Day Adventist

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

Episcopal

Sunday 7 p.m. Worship Service

Church of Christ

Sunday 10:30 a.m. Worship Service

Wednesday 7 p.m. Bible Study

The Church of Jesus Christ of Latter-Day Saints

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

OTHER SERVICES

Islamic

Friday 12 p.m. Prayer

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

Mess Hall Lunch Menus

Week Of May 30 - June 3

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

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

Potatoes, Eggplant Parmesan, Cauliflower Gumbo, Alfredo Sauce, Marinara Sauce, Garlic Bread
Friday - Chicken Gumbo, Southern Style Fried Catfish, Chicken Cacciatore, German Griddle Cakes, Steamed Rice, Candied Sweet Potatoes, Southern Style Greens, Jalapeno Corn Bread



M. C. Perry School Lunch Menus

Week Of May 30 - June 3

Monday - No School (Memorial Day)
Tuesday - Cheese Pizza, Carrot & Celery Sticks, Ranch Dressing, Seasoned Green Beans, Fresh Fruit, Milk
Wednesday - Sloppy Joe on a Bun, Tomato, Cucumber, Curly

Fries, Seasoned Corn, Chilled Fruit Mix, Milk
Thursday - Chicken Nuggets, Potato Wedges, Garden Salad, Ranch Dressing, Awesome Applesauce, Milk
Friday - All Beef Hot Dog, Carrot & Celery Sticks, Baked Beans, Cheddar Crackers, Chilled Pears, Milk

Summer begins with a splash at Iwakuni

LANCE CPT. CRISTIN K. BARTTER
Combat Correspondent

The steaming asphalt melts the bottoms of sneakers as the blazing sun scorches everything it touches. As the mercury rises in backyard thermometers, the same question bounces around in every ones mind—when do the local pools open?

The two Station all-ranks pools are opening on May 28 for everyone to cannonball in.

The Club Iwakuni pool, which is 25 meters long, is located behind the Officers Club and the main pool, which is 50 meters long, is located across the street from Crossroads.

Kids 10 to 15 years old must pass the Marine Corps Community Services Aquatics swim test in order to enjoy the pools without a parent or guardian.

For children nine and under, if they pass the test, they must have a parent or guardian with them when entering

the pool facilities but may jump into the pool on their own.

If anyone under the age of 15 does not pass the test, they are required to have an adult within arms' reach while in the water at all times.

There is a poolside menu available at the Club Iwakuni oasis. Water-lovers can splash to their hearts' content and then call the club to place an order



civilian attire.

"Don't forget to bring sunscreen

that will be delivered to them. For the main pool, patrons must bring in their own food.

Each pool has a designated eating area. If hungry for an indoor meal, remember that a swimsuit, towel and floatie are not a good combination for proper

and sunglasses," said Kari Hemund, MCCA IronWorks Gym aquatics director. "And keep in mind that the pools are dry when it comes to alcohol."

During the opening weekend, the main pool, behind Crossroads, will be open from noon to 6 p.m. on Saturday, Sunday and Monday.

The E-Club pool, behind the Officers club, will be open from 11 a.m. to 9 p.m.

The 50-meter main pool hours for Mondays, Wednesdays and Fridays, are from 11 a.m. to 6 p.m. On Tuesdays and Thursdays it is open from 11 a.m. to 8 p.m. On Saturdays, Sundays and holidays it is open from noon to 6 p.m.

The 25-meter E-Club pool hours on Mondays, Wednesdays and Fridays, are from 11 a.m. to 8 p.m. On Tuesdays and Thursdays it is open from 11 a.m. to 6 p.m. On Saturdays, Sundays and holidays the pool is open from 11 a.m. to 9 p.m.



Photos by Lance Cpl. Cristin K. Bartter

ABOVE: Matthew S. Dewitt cannonballs into the refreshing water at the Main Pool located across the street from Crossroads. TOP: Keiichiro Chida, a 6-year lifeguard, sits on post for the Main Pool. Each pool has a certified lifeguard watching the water.

IWAKUNI SPORTS SCENE

SCUBA CLASSES

The Basic Open Water class is held on Mondays, lasting for seven days and costs \$260. Sessions are held continuously through autumn. Advance sign-up is required. Gear rental is available for individual divers. Call the Scuba Locker at 253-6058 for more information.

9 a.m. on the IronWorks Gym Sports Courts. For further details, call 253-5777.

ALL MARINE GOLF

Athletics is accepting resumes for the All Marine Golf. The trial will be held in June. Resumes must be submitted no later than Wednesday. Call 253-5777 for more information.

YOUTH BASEBALL

The closing ceremony takes place June 4, 9:30 a.m. at Monzen Field.

MEMORIAL DAY BOWLING SPECIAL

Monday, 1-9 p.m. Games cost \$1. For details, call 253-4657.

SUMMER SLAM DODGEBALL

Coaches meet Wednesday in the IronWorks Gym Wellness room at 9:30 a.m. Join in the fun, Summer Slam Dodgeball Tournament, June 11 at

BASEBALL AWARDS BANQUET

There will be Matthew C. Perry School baseball dinner and award presentations for all baseball team members, their families, school administration and faculty at the Building 1200, community room Thursday, 6-7:30 p.m. Cost is \$7.50 per person and dress semi-casual. Menu includes enchiladas, vegetable, salad, roll, dessert, punch and water. RSVP Mr. Curtis by Sunday. Call 253-6830 or e-mail brett_curtis@pac.dodea.edu.

Marines get kick out of Muay Thai exhibiton

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

ROYAL THAI AIRSTATION, UDON THANI, Thailand — More than 100 Marines and sailors with the 1st Marine Aircraft Wing were treated to a spectacle, courtesy of the Single Marine Program, which has been a part of Thai culture for more than 1,000 years at the Napali Hotel here, May 15.

Muay Thai is a form of martial arts that combines grace, agility and power. It was developed by the ancestors of the Thai people and has continued to be an essential piece of their culture to this day. Muay Thai is more than just a fighting technique, it



ABOVE: Yodying Singnawa, red trunks, defends himself with a knee to the body of Superman Sosomporn, blue trunks, during the Muay Thai fights at the Napali Hotel coordinated by the Single Marine Program. **RIGHT:** Pongpisit Thipsahapamya, blue trunks, sends Machechai So-Somporn into the ropes with a knee to the chin during the demonstration fight of the way Muay Thai was practiced by their ancestors.

involves many rituals and traditions older than Thailand.

The evening began with two Muay Thai fighters staging a demonstration of how traditional Muay Thai was practiced by their ancestors. Without the safety of boxing gloves or a referee to control the match, the acrobatic display kicked off with the two fighters reacting to each other's movements as if captivated in an elegant yet violent dance.

"The first match was awesome, even though it wasn't a real fight," said Petty Officer 3rd Class Frankie K. Smith, Marine Fighter Attack Squadron 121 hospital corpsman. "They were both very fast and extremely fit. They knew exactly what each other was doing. I was very impressed."

Although the first match was staged, the eager service members did not have to wait long to see the real capabilities of trained Muay Thai fighters.

The first real fight of the night pitted 17-year-old Yodying Singnawa against 18-year-old Superman Sosomporn. Throughout the first three rounds, the two fighters traded kicks, punches, and throws neither able to gain a significant edge on the other. When the bell rang beginning the fourth round, Superman stormed his opponent unleashing a devastating series of knee strikes to the opponent's body. Taking a step back and then unloading a kick to his opponent's chin, Superman sent his challenger to the canvas unconscious.

The loud applause of the foreign audience brought a smile to Superman's face as the referee raised his arm signifying his victory.

The following three fights ended in the same fashion as the first, knock out, bringing the Ameri-



Pongpisit Thipsahapamya, blue trunks, and Machechai So-Somporn, red trunks, are entranced in focus during an ancient Muay Thai ritual. Before each match the fighters execute a dance to show respect to their teachers and each other.

ites," said Jay Stovall, SMP coordinator. "I was quite surprised how some of the smaller-looking Marines did extremely well against the bigger weight-lifting types. The winner looked like a lean, fighting machine," said Stovall referring to the winner of the contest, Cpl. Boyd Wolff, Marine Aviation Logistics Squadron 12 ordnance technician. At the end of the night, all the Muay Thai spectators moved to the lobby of the Hotel and began telling stories of the night's fights.

"The combination of a foreign audience, the way the Marines were cheering and possibly the air conditioning really motivated the fighters," said Stovall. "The fighters wanted to put on a good show for us, and they did. This was the first time in more than 100 Muay Thai shows I've seen, where almost all the matches ended in knockouts. It was incredible."

cans to their feet as they cheered the Muay Thai warriors.

The final fight of the night was the only match that did not end in a knock out.

Punishing his opponent with his quick fists for five three-minute rounds, Dounudorn So-Somporn was unanimously named the victor by the on-looking judges.

"The last match was the best," said Smith. "Half of the people at my table were rooting for the guy in the red trunks, and the other half was going for the guy in the blue. That fight was a lot of fun to watch."

When the final fight of the night was finished, it was the American's turn to get competitive and try their hand in the Arm Wrestling Competition.

"During the Arm Wrestling Competition, the Marines got very vocal showing their enthusiastic support of their unit favor-

