

Torii Teller

VOLUME 50 NUMBER 34

MARINE CORPS AIR STATION IWAKUNI, JAPAN

SEPTEMBER 16, 2005

INSIDE...

FEATURE

Killer loose on Station

High cholesterol, a silent killer puts all Station residents at risk regardless of age or appearance. Page 5



PHOTO FEATURE

Kintai Cleanup

Approximately 50 personnel, with shovels, rakes, and gloves in hand, participated in a cleanup project Sept. 9. Page 6 & 7



SPORTS

Fight Club

Twenty-seven Marines graduate from the three-week, green belt instructors course. Page 11



Lance Cpl. John S. Rafoss

Lance Cpl. Benjamin A. Lemmen, Marine Wing Support Squadron 171 diesel mechanic, surveys the landscape with an M2 .50 caliber machine gun atop a seven-ton truck during a convoy exercise at Camp Fuji, Aug. 30.

Convoy Marines feel flour power

LANCE Cpl. JOHN S. RAFOSS
Combat Correspondent

CAMP FUJI, Japan — A convoy of Marines travel down a dirt road in their motor vehicles, nervous yet anxious, looking for any kind of threat, especially improvised explosive devices. The Marines come upon a curve in the road and are suddenly attacked by a series of explosions striking one of the seven-ton trucks. However, in this scenario the Marines were faced

with fake IEDs consisting of small explosives packed with flour decorating the landscape like it was Christmas. Luckily, this was only a training exercise, and not the real thing.

Motor transportation Marines from Marine Wing Support Squadron 171 deployed to Camp Fuji for Exercise Eagle Warrior '05, participated in a convoy exercise involving IEDs Aug. 30.

"The scenario involved a daisy chain of IEDs, which mirrors how the Iraqi insurgents are employing these IEDs right see **MARINES** Page 5

Overseas service members receive COLA decrease

LANCE Cpl. LENDUS B. CASEY
Combat Correspondent

All military service members aboard Marine Corps Air Station Iwakuni received a decrease in their cost of living allowance Sept. 1.

All service members stationed in high cost overseas locations receive COLA to help maintain purchasing power, so members can purchase about the

same level of goods and services overseas as in the United States.

"The reason the cost of living allowance is being decreased is due to the fact that the price of products in the United States has increased proportional to the rate of products in Japan," said Maj. Matthew D. Razvillas, Station inspector.

When determining COLA, the base deputy inspector and COLA coordinator disseminate surveys to sta-

tion residents consisting of roughly 200 questions, determining what service members purchase on and off base.

"The DoD (Department of Defense) is always concerned with getting the correct amount of COLA to the military at the right time," said David M. Naseer, assistant Station inspector. "So my job is to distribute COLA surveys once every two years or once ev-

see **COLA** Page 4

TRICARE offers new active duty health care in remote pacific

ANGELA CRAIG
TRICARE Pacific Marketing Representative

Whether on temporary additional duty or on vacation overseas, you never know when the need for emergency medical care will arise. Be prepared by knowing what to do!

For active duty service members re-

quiring urgent or emergent care, TRICARE has partnered with International SOS, a worldwide medical assistance company, to establish a network of quality healthcare providers and hospitals in many countries throughout the western Pacific that are not supported by military treatment facilities. By coordinating your care with ISOS, you will

incur no up-front, out-of-pocket costs and have no claims to file.

To contact ISOS, ask the international operator to place a collect call to international country code 65, then 6-338-9277. In the event of an emergency that prevents prior contact with ISOS, call ISOS within 24 hours of an admission, while still in the hospital, and ISOS

will provide assistance with monitoring your care and guaranteeing hospital bill payments.

For urgent care, call prior to receive whether care is required on an urgent/emergent basis.

For more information about emergency medical care, call TRICARE at 253-5825 before leaving on your next trip.



Torii Teller

Commanding Officer
Col. Michael A. Dyer

Public Affairs Officer
Maj. Stewart T. Upton

Public Affairs Chief
Master Sgt. Lesli J. Coakley

Press Chief
Sgt. David J. Hercher

Operations Chief
Lance Cpl. Mark Fayloga

Combat Correspondents
Lance Cpl. Cristin K. Bartter
Lance Cpl. Lukas J. Blom
Lance Cpl. Lendus B. Casey
Lance Cpl. John S. Rafoss

Information/Editorial Specialist
Yukiko Mitsui

"This weekly newspaper is an authorized publication for members of the military services stationed overseas and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Marine Corps, and does not imply endorsement thereof."

Editorial content is edited, prepared and provided by the Public Affairs Office of Marine Corps Air Station Iwakuni, Japan.

All queries concerning news and editorial content should be directed to the Public Affairs Office, Building One, Room 216, MCAS Iwakuni, Japan. Call 253-5551.

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 hercherdj@iwakuni.usmc.mil or coakleylj@iwakuni.usmc.mil.

PSC 561 Box 1868
FPO AP 96310-0029
Phone 253-5551
Fax 253-5554

Chaplain's Corner: It's game day - everyday!

LT. CMDR. JAMES L. JOHNSON
Station Chaplain

I love this time of year. I love everything about it. I love the cool mornings, the new school year, and, yessiree, tail gate picnics. Call me a fanatic, for I do love extra innings, sold-out stadiums and marching bands. When the boys of summer prepare to hand off to the pigskin professionals, the best time of the sports year is upon us. Last Saturday, through the magic of the remote control, I was almost simultaneously watching a pro baseball game and college football game. It was during an American Forces Network "commercial" that I recalled some insightful thoughts and ponderings concerning the two sports. Below are musings by George Carlin on the nature of baseball and football. Does he hit a home run, I mean, score a touchdown? Maybe he

strikes out or fumbles? Here's the play - you make the call:

"Baseball is played in a park - a baseball park.

Football is played in a stadium - often called Soldier's Field or War Memorial Stadium.

Baseball begins in the spring, the season of new life.

Football begins in the fall, when everything is dying.

Football is concerned with downs. "What down is it?"

Baseball is concerned with ups. "I'm not up. Is he up? You're up!"

In football, you receive a penalty.

In baseball, you make an error. Oops! In football, the specialist comes in to kick something.

In baseball, the specialist comes in to relieve someone.

Football has hitting, clipping, piling on, spearing, personal fouls and unne-

cessary roughness.

Baseball has the sacrifice.

In football the objective is for the quarterback, sometimes called the field general, to be on target with his aerial assault, riddling the defense, hitting his receivers with deadly accuracy, in spite of the blitz, even if he has to use the shotgun, with short bullet passes and long bombs, he marches his troops into enemy territory, balancing this aerial attack with a sustained ground attack, which punches holes in the front line of the defense.

In baseball the objective is to go home and be safe.

It has been a few years since I wore a baseball uniform, although I did play a little softball at my last command. And it's been decades since I donned shoulder pads, although I did try on a pro football jersey at the exchange last

see CHAPLAIN Page 5

Ask the Inspector

LYNNE HAMMONDS

Red Cross Station Manager

Today's American Red Cross is keeping pace with the changing military. Using the latest in computer and telecommunications technology, the Red Cross sends communications on behalf of family members who are facing emergencies or other important events to members of the U.S. Armed Forces serving all over the world. These communications are delivered around-the-clock, seven days a week, 365 days a year.

While providing services to 1.4 million active duty personnel and their families, the Red Cross also reaches out to more than 800,000 members of the National Guard and the reserves and their families who reside in nearly every community in America.

Red Cross workers in hundreds of Chapters and on military installations brief departing service members and their families regarding available support services and explain how the Red Cross may assist them during the deployment. Both active duty and reserves can count on the Red Cross to provide emergency communications that link them with their families back home, access to financial assistance, counseling and assistance to veterans. American Red Cross Armed Forces Emergency Services personnel work in nearly 900 chapters in

the US, on 74 military installations around the world and are deployed with our troops in Kuwait, Afghanistan and Iraq.

In Iwakuni, we process up to 25 cases a week for both the Station and U.S. Fleet Activities Sasebo. We are available 24 hours a day for emergencies and to provide emergency financial assistance, and disaster assistance.

The Red Cross provides emergency communication between the service member, spouse and their families. During deployments our office works closely with the Read Detachments, Family Support Groups, Chain of Command and other agencies to help meet emergency needs. Communications and verification of emergency situations are also provided to assist the service member and/or spouse with emergency leave requests and emergency travel.

We also offer Access to financial assistance in the form of and interest free loan for travel when emergency leave has been granted. Red Cross acts as an agent for Navy Marine Corps Relief Society. We are available 24 hours a day and only a phone call away.

Disaster relief, such as single-family fires, flood damage is available to all military and family members, and DOD Civilians or folks with military ID, in the Iwakuni/Sasebo community are entitled to free disaster assistance in the form of grants. This can be anything from floods to barracks fires. We are also trained to open and operate shelters. Counseling and referral service involving family or personal problems are also provided.

see INSPECTOR Page 5

CHATTERBOX

With the National Football League and National Collegiate Athletic Association Football still fresh in the season, excitement is high around Station as fans root for their team. The recent football mania has sparked a debate among the Teller staff over which sport is most American. So we hit the street again to find out...

Which sport best represents America?



Petty Officer 3rd Class Christopher J. Jardine, Riverside, Calif.

"Surfing, because it embodies the American spirit of exploration and trying new things."



Lydia Garcia, Long Beach, Calif.

"Baseball, because my husband told me so."



Staff Sgt. Bradley A. Leclair, Davenport, Iowa

"Football, for me personally it's the national past time. I'd pick football over baseball any day. There's more action and it's more physically demanding."



Nathan A. Urbany, San Diego

"Football, because no other countries plays it. Everyone in America grows up watching and playing football."

Lancers leadership gets 'Homey'

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

Marine Fighter Attack Squadron 212 welcomed their new commanding officer during a post and relief ceremony hosted on the VMFA-212 flight line, Sept. 9.

Lt. Col. Mark E. Hall relinquished his duties as the Lancers' commanding officer to Lt. Col. Michael S. Cederholm.

The ceremony marked the turning of a page for both the off-going and oncoming commanding officers. In his farewell speech, Hall expressed his great pride in the Lancers and had no doubt in his mind that Cederholm was the man for the job.

"I think you're going to love the Lancers," said Hall. "They are a great team and you are going to take them far. Take it to the next level; I know you can do it."

Looking forward to serving as the new VMFA-212 CO, Cederholm took the flag with flying credentials for the job.

"I stand before you with a deep sense of humility, pride and excitement," said Cederholm who has over 2,000 hours in the F/A-18. "A deep sense of

Enlisted Advisory Board gives Marines voice

LANCE Cpl. MARK FAYLOGA
Operations Chief

The Enlisted Club Advisory Board meets once a month and provides Marines, sergeant and below, with an opportunity to voice their opinions and ideas in regard to the Marine Corps Community Services Landing Zone, the Station enlisted club.

"The board is a way for the enlisted Marines to give suggestions and their point of view about the club to MCCS," said Sgt. Anthony J. Adamson, Enlisted Club Advisory Board president.

Marines with an idea or a comment about the club are encouraged to attend the meetings or to get with a board member and notify them of the suggestion. Everyone is welcome at the meetings to make suggestions but only board members can vote.

"If someone wants to have Friday night keg stand parties, hey we'll bring it up at the meeting but that doesn't mean it's going to happen," said Adamson.

The board is still a fairly new tool Marines can utilize to address concerns with the club and currently in a rebuilding phase.

humility for the office I am about to enter here. A deep sense of pride because of the men and women who stand before you today are truly the finest America has to offer. And a deep sense of excitement because I get to join the Lancer team as we continue to march to unmatched excellence."

Cederholm added, "We had 176 people on the rolls this morning and I promise you with our performance, professionalism, dedication to family and responsibility we will continue to climb the excellence that is unmatched by any squadron in the Marine Corps."

Cederholm's personal decorations include the Bronze Star, Meritorious Service Medal, Navy Commendation Medal (with Gold Star), Air Force Commendation Medal, Navy Achievement Medal and other unit and campaign awards.

Hall, ended his reign with bitter-sweet remarks, "This has truly been the best highlight and the proudest time of my career. To get to command 212, one of the most decorated squadrons in the Marine Corps, the only forward deployed squadron in the Marine Corps, the one that has to be ready all of the

"Right now we are trying to get the word out that Marines have a way to get their ideas and suggestions to MCCS," said Adamson. "The biggest thing we're working on right now is; one we want to get more people on the board, and two we want to know what the Marines want and don't want in the club."

Currently the board is tackling the issue of having the club properly enforce the civilian dress code.

Other issues the board is working toward addressing are adding a couples night, a rock night, employing more bartenders during the big events and adding more on base taxis.

"The main thing is getting Marines to contribute ideas and opinions," said Adamson. "If Marines aren't willing to participate in the solution, the problem won't get solved. If only 10 people show up at the meetings then we're not going to press the issue, but if enough people are backing an idea we can work toward change."

For more information contact Adamson at 253-3043. For information regarding the Staff Noncommissioned Officer Club, contact Master Sgt. Lesli J. Coakley at 253-5301 or Gunnery Sgt. Michael D. Allen at 253-6096.



Lance Cpl. Cristin K. Bartter Lt. Col. Michael S. Cederholm (far left), incoming Marine Fighter Attack Squadron 212 commanding officer, and Lt. Col. Mark E. Hall, outgoing CO, salute during the pass and review, Sept. 9.

you are everything that makes America great. You protect America and are the best of the finest warriors in this world." you are everything that makes America great. You protect America and are the best of the finest warriors in this world."

NEWS BRIEFS

INFERTILITY SEMINAR

There will be an informational seminar at the Branch Health Clinic Sept. 25, 3 p.m. Dr. Tanaka, an infertility specialist, will be speaking on the various treatments available. The seminar is open to all the Station residents. Contact Lt. Norris at 253-4038 for more information.

MEN'S FELLOWSHIP DAY RETREAT

The Iwakuni Men's Fellowship is hosting a day retreat to Three Peaks Sept. 24. This trip is a chance for the men of Iwakuni to get away for a time of spiritual reflection and enjoy some fellowship, food and nature. Transportation and food will be provided at no charge, but is limited to the first 40 to sign up. The trip is scheduled to depart the Chapel at noon, and return at 9 p.m. For more information or to sign up, stop by or call the Station Chapel at 253-3371.

CASE LOT SALE

The Commissary will be holding the 2nd Annual Mega Case Lot and Produce Road Show Sale Sept. 17-18, 9 a.m. to 4 p.m.

FINGERPRINTING HOURS

The Provost Marshal's Office, Community Resource Section will conduct fingerprinting for background checks, security clearances, visa applications, etc. Tuesdays, 10:30 a.m. to 12 p.m., Wednesdays, 11 a.m. to 1 p.m. and Fridays, 1-3 p.m. For further information, contact Investigator Lopez at 253-4929.

COLA ADJUSTMENT

Military members with dependents aboard the Air Station who have departed (and returned), are currently away, or plan to depart for reasons other than disbarment for a period longer than 30 consecutive days need to contact the Installation Personnel Administrative Center immediately.

This will allow IPAC to adjust the members' Cost of Living Allowance according to the Joint Forces Travel Regulations. Sponsors are asked to come to Bldg. 1, 2nd floor, room 227 to provide their dependents' passport, so IPAC can accurately verify day of departure and return. For more information, contact IPAC Pay and Maintenance at 253-3254 or 253-5375.

VETERANS' AFFAIRS REPRESENTATIVE

A Department of Veterans' Affairs Representative is present at the Career Resource Management Center now through mid-May. He will be available for briefings and to provide information and assistance to active duty and local retirees concerning disability compensation, the Montgomery GI Bill, VA Home Loan Guarantee Program, Veteran's Group Life Insurance, and many other veterans' affairs programs and benefits. Call 253-6439 to schedule an appointment.

AAMEX Exercise

Marine Fighter Attack Squadron 312, along with Marine Aviation Logistic Squadron 12, participated in an Air-to-Air Missile Exercise aboard Kadena Air Base, Sept. 1-2.

The AAMEX was conducted in order to increase maintainer and pilot proficiency in handling, loading and firing Sidewinder missiles.



Sgt. Anna S. Yerges

MicroFit measures fitness

Lance Cpl. Cristin K. Barter
Combat Correspondent

Have you tried every fad diet, pill and gel? Yet, every time you step on the scale it still reads the same number week after week. Forget the scale! There is no reason to get caught up with the number it reads when what really matters is your overall fitness.

Marine Corps Community Services IronWorks Gym offers Station residents MicroFit, a device that helps clients determine their fitness level.

The test assists clients in achieving their peak performance levels by helping them mold their physical training regimens to keep them mission ready.

MicroFit systems measures the individuals weight, body fat, blood pressure, heart rate, flexibility and strength. It offers individuals a speedy, accurate and cost-effective evaluation of their physical fitness conditions; helping them to determine health risks, make out suitable health improvement plans and track results.

"The reason MicroFit Fitness Assessment is so important is everybody should know where they stand physically," said Tracy Morgan, IronWorks Gym fitness coordinator and certified MicroFit administrator. "It's important to know if you are in a healthy range. In order for our troops to be mission ready, they need to be physically fit."

The assessment starts off with questions such as: "Do you feel chest pain when you do physical activities?" or "Do you lose your balance because of dizziness or ever lose consciousness?" These "red flag" questions are asked as a precautionary test before the actual fitness evaluation.

Then blood pressure, resting heart rate and weight are screened.

"Having your blood pressure checked is reason enough to get a MicroFit assessment," said Morgan. "That can be a red flag if it were registered high in our tests. We would then suggest you go to the doctor to check it. Having high blood pressure is a silent killer and needs to be controlled and checked regularly."

Body weight percentage is then calculated by using the MicroFit calipers.

"The calipers are the most readily available way to accurately measure body fat," said Morgan.

Men are pinched with the calipers on the right side of their chest, the right side of their stomach (next to the belly button) and also on their right thigh. Women are pinched on the back of their right arm, on their right hipbone and on their right thigh. These measurements are taken twice and then calculated together for the client's results.

"We all have essential body fat," said Morgan. "Men must have at least two to five percent body fat and women must have 10-13 percent. It is very important to have these essential fats as the bare minimum so the individual is not unhealthy."

"People need to make sure they are healthy on their inside and out," explained Sonia Rodriguez, IronWorks Gym assistant personal trainer and certified MicroFit administrator. "Too many people think if they look good and are not overweight, then they are healthy. Trust me, you can look good and not be healthy."

Whether it's to lose weight, gain muscle, or just to improve on their aerobic fitness, MicroFit shows the areas an individual needs to work.

This can assist them in altering their workout regimen in order to better their weaknesses.

"A lot of people come in who want to improve their run time, which means they would have to increase their cardiovascular endurance," said Morgan. "MicroFit is one of the most effective tools I use in this process. It shows the levels of your working heart rate and max heart rate. This is important to know in order to get an effective workout. That is where stuff like this system comes into play."

After the strength, flexibility and aerobic tests, an overall fitness evaluation is provided. The person can then take their results and change their workout program to better themselves and their overall performance level. If the client requests assistance in forming a new fitness regimen, the Gym's personal trainers are always there to assist them.

For Station residents who have utilized MicroFit, their results have helped them improve their physical abilities by informing them on what they need to work on.

"MicroFit is a great system," said Jimmy Perry, four-time MicroFit client who has dropped his body fat percentage with the help of MicroFit. "Being a Marine, you have to be



Lance Cpl. Cristin K. Barter

Jamie Bunning, MicroFit user, pulls up on the bar to test her overall bicep strength.

physically fit. You have to take personal pride in yourself and make sure that you are in shape. This is a good program to help set personal, physical goals. I encourage everybody to use this system."

MicroFit is free for all service members and is \$15 for civilians. If civilians purchase personal training, MicroFit is included with the package. To make an appointment call Morgan at 253-5051 or Rodriguez at 253-5126. Also, it is recommended persons who want to utilize MicroFit must not consume nicotine or caffeine products, or eat a heavy meal two hours before their appointment because it can alter results.

Residents' voices heard at Marine Corps Exchange Buyers Forum

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

The results from the Aug. 17 Buyers Forum are in, and Station residents will soon see a new line of products hitting the shelves of Marine Corps Community Services Marine Corps Exchange.

The Buyers Forum allowed Station residents to confront the retail buyers with their concerns and remarks on what they like, or would like to see, in any of the departments of the Exchange and Seven Day stores.

All the requests submitted during the Buyers Forum were compiled, and the retail buyers for MCX have answered the Station community's appeals. A total of 37 requests were submitted ranging from tea lights, carpet, baby supplies, male and female name

brand clothing (Volcom, Billabong, Quicksilver, Lei, MUDD), Craftsman Tools, sporting goods, gas grills, skin care products, televisions, alarm clocks, extra large men's clothing, more stylish female plus size clothing, backpacks and an increased variety of shoes.

"The new Merchandise will take anywhere from six weeks to 60 days to arrive," said Matthew Niedzwiecki, MCCS head of retail. "Over the course of the next couple months customers will see a steady stream of new merchandise coming into the store."

"I think the buyers and our customers will be very pleased with the results from the forum," said Niedzwiecki. "It's always nice to sit down face to face and discuss the concerns, wants and needs of the community. It was really good professional interaction between the buyers and the community."

Along with the dozens of new products to be of-

ferred, customers also made requests to improve the exchange facilities. As a result of the forum, a work request has been submitted to increase the number of hooks in the dressing rooms.

With the new merchandise on its way, the MCCS staff are preparing for the next Buyer's Forum, which will be held Nov. 16 from 4 to 6 p.m.

"The exchange is appreciative of all the customers who took the time to attend the recent Buyer's Forum," said Ashleigh Pipes, MCCS marketing officer. "While space and limited demand for some products make it difficult to fulfill every request, we are committed to providing for the Iwakuni community's needs and wants. If you need something or have a request that was not addressed at the recent forum, please do not hesitate to visit the exchange or call 253-5641 and speak to a buyer."

rank, according to Razvillas.

"The COLA fluctuates on the yen rate and the outcome of the surveys," said Razvillas. "For a staff sergeant with 10 years in and three dependants, a decrease of approximately \$100 will be applied."

second survey is known as the market basket survey, this survey consists of going on and off base to get prices for standard products such as milk, eggs, bread, etc., according to Razvillas.

By doing these types of surveys the Department of Defense can determine

the price difference between living at an overseas duty station compared to living on a duty station located in the states.

This year COLA was decreased by four points and is adjusted proportional to the active duty service member's

Marines face new enemy - cholesterol

LANCE Cpl. LUKAS J. BLOM
Combat Correspondent

Marines have always been considered an exceptionally fit group of individuals. The physical requirements one must possess to even earn the coveted title is a test of human endurance and strength. As a Marine continues down the green path he is expected to keep a certain level of physical prowess, which will help him stay alive on the battlefield. Although in tip-top shape, this physically elite group is in the sights of a silent and deadly killer - cholesterol.

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all the body's cells. It's normal to have cholesterol and it's an important part of a healthy body because it's used for producing cell membranes and some hormones, and serves other needed bodily functions, according to the American Heart Association. But too high a level of cholesterol in the blood can lead to coronary heart disease, which will eventually cause heart attack. It's also a risk factor for stroke.

"To make an intelligent assessment of one's cholesterol level, an entire panel of values is required including, but not limited to, total cholesterol (TC), triglycerides (TG), high-density lipoprotein (HDL) aka 'good cholesterol', low-density lipoprotein (LDL) aka 'bad cholesterol', and very-low-density lipoprotein (VLDL)," said Cmdr. Michael M. Jacobs, Marine Aircraft Group 12 group surgeon.

"The bad, or sticky, cholesterol molecules adhere to an arterial wall and create an obstructing plug of material called plaque, that decreases blood flow and hence oxygen delivery to the heart muscle, etc."

Cholesterol is a dangerous affliction because it goes virtually unnoticed until the damage is irreparable.

"Sadly, there are no reliable early indicators of dangerously elevated cholesterol," said Jacobs. "It's unfortunate that abnormal cholesterol values, as well as high blood pressure, are not associated with pain or obvious warning signs. If that were the case there would be a tremendous patient load at BHC Iwakuni. There is a considerable number of individuals that live and work on Station who have untreated abnormally elevated cholesterol and blood pressure."

Although some are genetically predisposed to high cholesterol levels, all too often we are our own worst enemy when dealing with cholesterol.

"The tragedy of vending machine products and fast food availability is distressing," said Jacobs. "We must

International Tracing Service in collaboration with the International Committee of the Red Cross and 181 national societies, the American Red Cross works to locate loved ones who are missing due to war, natural disaster, or civil unrest and sends Red Cross messages between separated family members.

MARINES from Page 1

Health and Safety Training teaches Cardio Pulmonary Resuscitation, first aid, babysitting for teens, health pregnancy/healthy baby for expectant parents and lifeguarding and swimming classes for both children and adults.

route using a model of the road made from scratch. The Marines were given intelligence of possible IED threats.

The mission of the convoy was to get supplies at a certain checkpoint and bring them back to camp without getting hit by any IEDs. But, in this training scenario, as in reality, the attack was inevitable.

Once the Marines headed out, they drove through the supply route looking over the terrain for IED threats.

"When you are on a convoy, you always have to be suspicious and aware

Cholesterol Levels:
- Less than 200 is best.
- 200 to 239 is borderline high.
- 240 or more means you're at increased risk for heart disease



Photo Illustration by Lance Cpl. Mark Fayloga

Two young Marines, of the same age, finish up their morning run on the seaway. Although both partake in day-to-day physical training, one is in danger of being a casualty of a fierce enemy, cholesterol. A fatty diet may please the taste buds, but beware of the toll the body takes as a consequence.

reinforce the necessity of making wise, healthful dietary choices. For example, vending machines in family housing encourages unhealthy choices among our most vulnerable population - children and teens. The obesity and diabetes epidemic in America is absolutely linked to over consumption of high fat, high sugar, caloric dense, processed foods. The short and long-term burden on our health care system is staggering to contemplate."

There is a simple test available at the Branch Health Clinic to determine cholesterol levels. The fasting

cholesterol screening is a quick, yet accurate, assessment of cholesterol levels.

"I encourage everyone to discuss with their provider at BHC Iwakuni the merit of a fasting cholesterol screening," said Jacobs. "The interval at which cholesterol screening is done is often determined by one's initial test, family medical history, and associated medical problems."

For more information, or to make an appointment to check your cholesterol call the Branch Health Clinic at 253-5571.

We are always offering volunteer programs and leadership opportunities. The American Red Cross is constantly looking for volunteers for the Chapel, the library, schools and around the base.

For more information, contact the Red Cross at 253-4525.

of possible IEDs," said Lance Cpl. Derek P. Champagne, motor transport operator. "When you scan the road and see a suspicious IED, you have to stop the convoy, assess the situation and call explosive ordnance disposal."

However, during this training evolution, EOD was working against the motor transport. Marines and set fake IEDs with flour along the side of the road.

"EOD made the training feel like we were in an actual war situation," said Sgt. Robert J. Garcia, MWSS-171 motor

vehicle operator. "We didn't have this type of training when we first went to Iraq."

Once the series of explosions mixed with flour went off, the convoy quickly stopped, rushed out of their vehicles, set up security, and assessed the situation. One of the seven ton trucks was hit, at the end of the scenario, and was towed back to camp.

"The training exercise was a success," said Garcia. "The Marines reacted very well to the IEDs, kept good dispersion and had great communication."

CHAPLAIN from Page 2

week. To this day, I clearly remember the pure excitement of game day, of donning a uniform and representing my hometown or college. Yet, I must confess to a far greater pride in the uniform I wear now every day. This uniform says that I have answered my nation's call, that I wear the team colors of honor, courage, and commitment, and I am truly humbled by my teammates and the noble heritage and proud history of this uniform. The accomplishments and victo-

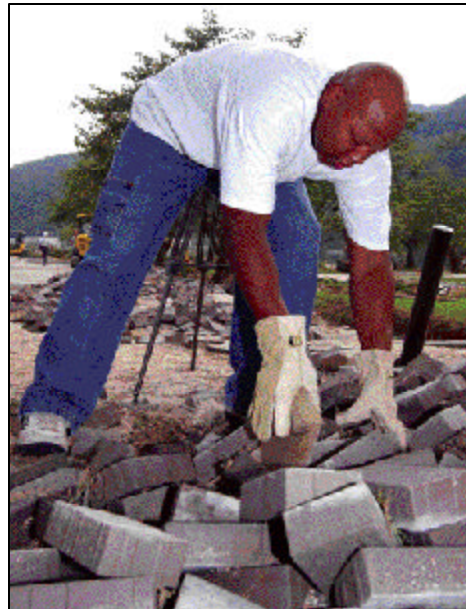
ries of this team puts World Series and Super Bowls into perspective. Even now, uniforms brimming with strength and sensitivity, confidence and humility, pride and patriotism are completing a championship season, as the visiting team (in war, home field is NOT an advantage), with each and every member who has been in the batter's box deserving an MVP trophy. God bless us, everyone.

Military service combines a lot of the same philosophies as football and baseball. Of course, it is

definitely not a game, for there is infinitely more at stake. For the service member, Carlin's comparisons above are not opposites, but instead, complimentary, culminating with his objectives. The hard truth is, sometimes one must march and fight, one must serve and sacrifice, in order to have a home, in order to be safe.

So: GOMARINE CORPS! GONAVY! GOARMY! GO COAST GUARD! GO AIR FORCE! BEAT TERRORISM!

Marines pitch in, take care of home away from home



LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

Approximately 50 personnel aboard Marine Corps Air Station Iwakuni, with shovels, rakes and gloves in hand, participated in the main volunteer cleanup project at the Kintai Bridge, Sept. 9.

The high winds and torrential rains of Typhoon Nabi, also known as 'butterfly' in Korean, battered, submerged underwater and submissive to dangerous landslides Sept. 6. The damage from the unforgiving flood lingered as it departed from Iwakuni, leaving only debris behind in its tracks.

The Kintai Bridge, before the location of festivals, picnics and parties, lay desolate. There weren't any friends and families enjoying the view, no dog walkers, or tourists taking pictures. All that remained were broken boats, uprooted bricks, a turned over car and bus, and the sight of overall wreckage.

“We live here too. Many of us come here to the Kintai Bridge and enjoy this area along with the Japanese people.”

“My wife, son and I came out and visited the area before and it's a nice area,” expressed the concerned Sgt. Maj. Jerry Bailey, Headquarters and Headquarters Squadron sergeant major. “When we got here yesterday, to figure out how many Marines and sailors we needed to help out, I couldn't believe it. It was that torn up.”

“The only word I could think of when I got here was ‘Wow,’” said Lance Cpl. David Bradberry, H&HS dispersing clerk. “I wouldn't say it's a complete loss; it's just really damaged. I know it's not as bad as back home (New Orleans) but it's still pretty bad.”

The volunteer's main objective was to clean up Nabi's leftovers and take the initial step to clearing out the area.

“We are hoping to pick up most of the debris and all of the things that are lying around,” said Bailey. “We are stacking all of the bricks, getting the dirt back in the holes and clearing all of the pathways. We want to get any kind of debris that is lying around staged in an area so the local Japanese can load it up and get it out of here.”

As the sun blazed and the sweat dripped from

their foreheads, the volunteers worked hard through the day with one purpose, to help.

“We live here too,” said Brandi Tereira, dependent. “Many of us come here to the Kintai Bridge and enjoy this area along with the Japanese people. When I saw that they wanted volunteers on channel five, I decided to come out and lend a helping hand.”

“We're out here to show that we care about the people here and that we want to give back to the local community,” added Bradberry. “It shows that we are not just concerned about the base rather we are concerned with Iwakuni as well.”

“We are a part of this community,” said Bailey. “Coming out here is a community project to get one of the great landmarks back to order so others can come out and enjoy it again.”

Training staff member training post 10. 10月16日、10月17日、10月18日、10月19日、10月20日、10月21日、10月22日、10月23日、10月24日、10月25日、10月26日、10月27日、10月28日、10月29日、10月30日、10月31日、11月1日、11月2日、11月3日、11月4日、11月5日、11月6日、11月7日、11月8日、11月9日、11月10日、11月11日、11月12日、11月13日、11月14日、11月15日、11月16日、11月17日、11月18日、11月19日、11月20日、11月21日、11月22日、11月23日、11月24日、11月25日、11月26日、11月27日、11月28日、11月29日、11月30日、12月1日、12月2日、12月3日、12月4日、12月5日、12月6日、12月7日、12月8日、12月9日、12月10日、12月11日、12月12日、12月13日、12月14日、12月15日、12月16日、12月17日、12月18日、12月19日、12月20日、12月21日、12月22日、12月23日、12月24日、12月25日、12月26日、12月27日、12月28日、12月29日、12月30日、12月31日



Photos by Lance Cpl. Cristin K. Bartter

BOTTOM LEFT: Volunteers pass bricks down an assembly line to remove the site of debris. Over 50 volunteers from the Station showed their support during the cleanup, Sept. 9. **TOP LEFT:** Sgt. Charles E. Cason Jr., Marine Wing Support Squadron 171 cook, places bricks into piles to assist with the cleanup effort. **TOP RIGHT:** The Kintai Bridge collects washed away debris floating down the Nishiki River after being pummeled by Typhoon Nabi. **BOTTOM RIGHT:** A van rests on two wheels after being battered by the storm. Nabi left the Kintai area desolate, all that remained were broken boats, uprooted bricks, overturned vehicles, and the collection point of unwanted debris. **ABOVE:** A brick is passed between two volunteers. The volunteer's main objective was to clean up Nabi's leftovers and take the initial step to clearing out the area.





Photos by Lance Cpl. Lendus B. Casey

A Japanese couple look at all the features that make up a T64 jet engine, one of the many displays at the Japanese Maritime Self Defense Force festival.

Station hosts annual JMSDF festival

LANCE Cpl. LENDUS B. CASEY
Combat Correspondent

The sun awoke over the town of Iwakuni as a roar of people gathered at Marine Corps Air Station Iwakuni in hopes of seeing jets bullet through the air and swirl in the bright morning sky.

The Japanese Maritime Self Defense Force invited everyone to come see this year's annual open house festival at the JMSDF flight line, Saturday.

Although the air show's fly by was cancelled due to hurricane Nabi, there was still plenty of fun to be had, with JMSDF drill and color guard performances, flight simulators, music performances, aircraft displays and plenty of food for everyone.

"I bet a lot of people were bummed out that the air show's fly by was cancelled, but there were still plenty of events to enjoy there," said Lance Cpl. Matthew S. Dewitt, Headquarters and Headquarters Squadron aviation support equipment mechanic. "The coolest event was when the JMSDF marching band came out, they are like

our Marine silent drill team but they play music too." The event offered ample opportunity for pictures, with all types of JMSDF aircraft displays, a fun center for the children to play in and photo boards for children and their family to pose for photos.



"I wish I could spend more time sight seeing, there were plenty of cool displays and the children seemed to be having a good time just running around," said Dewitt.

While many people were having fun with the events taking place, there were a few just having fun helping out. Marines and Marine Corps Community Service workers volunteered to put up food stands to help with hurricane Katrina relief and

supply the Japanese people with food custom to America.

"I volunteered this Saturday to come out here and enjoy the interaction with Japanese culture and to spend the day having fun with fellow Marines," said Lance Cpl. Alexander N. Goff, Marine Aviation Logistics Squadron 12 maintenance administration.

The majority of people who attended the festival were Japanese locals and while the mainstream of vendors setting up shop were Japanese the one vendor to receive the most attention was the Marine Corps Community Services hot dog and hamburger stand.

"There are a lot of local Japanese vendors out here, but I notice a lot of the Japanese are trying to enjoy our native food," said Goff.

Whether being there to enjoy the events or help volunteer to

work the stand, the JMSDF festival was the place to be Saturday. For those who missed this year's event, it will be held again next September.



Local Japanese children play with a photo board at the Japanese Maritime Self Defense Force Festival, Saturday.

OUT THE GATE

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

Treasure Market In Hiroshima

A flea market with approximately 1,000 booths is scheduled at the Hiroshima Green Arena in Hiroshima City Saturday and Sunday, 10 a.m. to 5 p.m. Admission fee is required. Call 082-256-2149 for details.

Iwakuni City Art Exhibition

There is a display of paintings, sculp-

tures and craftworks by the local citizens in the exhibition hall at the Iwakuni City Auditorium today through Tuesday, 9 a.m. to 6 p.m. Admission is free. For further details, call 29-5211.

Iwakuni Castle Aerial Railway Operates After Hours

The aerial railway to the top of the Shiroshima Mountain near the Kintai Bridge will operate Sunday, 5-10 p.m. There will be a tea ceremony and an observation of the full moon using an astrometric telescope at the top of the mountain. Visitors can also enjoy a view of the town lights. Call 41-1477 for more details.

Pharmaceutical Plants Display

This display takes place at the Hiroshima Botanical Garden in Hiroshima City now through Oct. 6, 9 a.m. to 4 p.m. Admission fee is required. Call 082-922-3600 for details.

City Bus Festival

This festival will be held at the Iwakuni City Transportation Authority ground Sept. 23, 10 a.m. to 2 p.m. Various events, such as a flea market, Fire Department band performance, bingo, a market, goldfish scooping, a mini steam locomotive ride and more are scheduled. This festival will run rain or shine. For more information, call 22-3225.

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

Mini Cooper Rover, 1995, good condition, dark gray with white roof, leather trimmed seats, interior wood paneling, manual transmission, runs good, JCI until May 2006, \$2,800. Call Liz at 253-4929 dwh or 253-2239 after 5 p.m.

Toyota Town Ace, 1991, 4-door van, great for transporting the family of five around the Station. JCI until Oct. 2007, \$2,100. Call 253-2082.

Nissan Skyline 2.5GT, 1994, 2-door, excellent, 78,000km, manual, with up-

grades, shiny burgundy, JCI until Sept. 2007, \$3,000 obo. Call Julian Jechev at 253-3610 dwh or 31-8617 awh.

A from to Z

MISCELLANEOUS

Passive subwoofer, \$75 (subwoofer amplifier available separately if needed.) Call Mark Parsons at 253-5487 dwh or 08032748282.



JOB OPENINGS

New Parent Support Program

A full-time and part-time Home Visitor position is available. Requirements are licensed RN or MSW with 2 years postgraduate experience in services to children and families, maternal/child, OB/GYN or similar for New Parent Support Program. Call 253-6553 for further information. E-mail resume/cover letter to resume@jeassociates.com or fax to (301)650-4136 or drop off at Building 411, room 219.

CHRO (253-6828)

MCCS:

-Transition Program Counselor, world wide
-Electrical Engineer, world wide
-Supervisory Interdisciplinary Engineer, world wide
-Construction Inspector, Iwakuni wide
-Office Automation Clerk, Iwakuni wide
-Commissary:
-Store Worker, Iwakuni wide
-Sales Store Checker (Intermittent), Iwakuni wide

Logistics:

-Supervisory Contract Specialist, world wide
-Transportation Assistant, Iwakuni wide
-Motor Vehicle Operator, Iwakuni wide
-Supply Technician, Iwakuni wide
-Office Automation Clerk, Iwakuni wide
-Forklift Operator (MVO), Iwakuni wide

AHO:

-Air Traffic Control Specialist (Terminal), world wide
-ROICC:
-Supervisory Contract Specialist, world wide
-S-1:
-Manpower Clerk (OA), Iwakuni wide

MCCS (253-3030)

Military spouse preference will be given to eligible spouses of active duty service members who have been reassigned to MCAS Iwakuni. To get more information about MSP, contact 253-5019. Visit www.mccs.iwakuni.com for a complete job listing.

9/11, past but not forgotten

Lt. Stephen M. Coates, Headquarters and Headquarters Squadron chaplain, speaks to Station residents attending the 9/11 Sunset Remembrance, Sunday. During the ceremony, guests sang hymns, read scripture from the bible and closed the ceremony with a moment of silence before honoring colors.



Lance Cpl. Mark Fayloga

MCTV CHANNEL 19

FRIDAY - 11 a.m./5 p.m. Oceans Eleven (PG-13); 2 p.m./8 p.m. National Security (PG-13); 11 p.m./5 a.m. Bad Boys 2 (R); 2 a.m. K-19 Widowmaker (PG-13)

SATURDAY - 11 a.m./5 p.m. My Stepmother Is An Alien (PG); 2 p.m./8 p.m. Ghostbusters (PG); 11 p.m./5 a.m. Hardball (PG-13); 2 a.m. Grease (PG)

SUNDAY - 11 a.m./5 p.m. Legally Blonde 2 (PG-13); 2 p.m./8 p.m. In Good Company (PG-13); 11 p.m./5 a.m. Hart's War (R); 2 a.m. Kill Me Later (R)

MONDAY - 11 a.m./5 p.m. Majestic (PG); 2 p.m./8 p.m. Johnny English (PG); 11 p.m./5 a.m. Analyze That (R); 2 a.m. Kung Pow: Enter The Fist (PG-13)

TUESDAY - 11 a.m./5 p.m. Mortal Combat: Annihilation (PG); 2 p.m./8 p.m. Garden State (PG-13); 11 p.m./5 a.m. Fatal Attraction (R); 2 a.m. Matrix Reloaded (R)

WEDNESDAY - 11 a.m./5 p.m. The Notebook (PG); 2 p.m./8 p.m. First Knight (PG-13); 11 p.m./5 a.m. Ghostbusters 2 (PG); 2 a.m. Little Black Book (PG-13)

THURSDAY - 11 a.m./5 p.m. Miracle (PG); 2 p.m./8 p.m. Johnson Family Vacation (PG-13); 11 p.m./5 a.m. Golden Eye (R); 2 a.m. Matchstick Men (PG-13)



SAKURA THEATER

FRIDAY - 7 p.m. Bad News Bears (PG-13); 10 p.m. Dark Water (PG-13); 1 a.m. Wedding Crashers (R)

SATURDAY - 1 p.m. Adventures Of Sharkboy And Lavagirl (PG); 4 p.m. Rebound (PG); 7 p.m.; Dark Water (PG-13); 10 p.m. Wedding Crashers (R)

SUNDAY - 4 p.m. Bad News Bears (PG-13); 7 p.m. The Island (PG-13)

MONDAY - 7 p.m. Dark Water (PG-13)

TUESDAY - 7 p.m. Wedding Crashers (R)

WEDNESDAY - 7 p.m. Rebound (PG)

THURSDAY - 7 p.m. Bad News Bears (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.



COMMUNITY BRIEFS

MCCS

Special Events

■ **Summer Music Festival:** Saturday, 5-10 p.m. at the Golf Course adjacent to Club Iwakuni. Come and enjoy live bands, DJs, free food and a good time at this annual event. For details, call 253-5713.

■ **Leader's Night:** Tuesday, 5-7 p.m. at the landing Zone Lounge. Uniform of the day required. Call 253-5416 for details.

■ **New Orleans Crawfish Boil:** Sept. 24, 5-7 p.m. at the Club Iwakuni. Menu is "All You Can Eat Crawfish," Cajun potato salad or cole slaw, boiled potatoes, corn on the cob, Polish sausage for \$7.95. This event will be on the veranda and will feature New Orleans style music.

MCX (253-5641)

■ **Jessica McClintock Fall 2005 Ball Gown Preview:** Today at the front of the MCX. The Fall Fashion Show will be at 6 p.m. followed by Ball gowns available for purchase at 20% off the entire stock from 7-9 p.m. There will also be wine tasting, Godiva Chocolates and Truffle samples available.

■ **MCX Anniversary Sale:** Now through Sunday at the MCX. Come and save on all your household goods during this blowout sale.

Single Marine Program (253-3585)

■ **Shuhodo Caves Trip:** Saturday. Enjoy the day exploring the Japan's largest limestone cave. You'll have a chance to visit one of Japan's natural-occurring caves. The cave trip will be followed by a visit to Safari Land, a wildlife preserve. Bring at least ¥5,000 for admission, lunch and souvenirs. \$20 transportation fee due when you sign up. Bus departs the Hornet's Nest at 8 a.m. and returns 8 p.m.

■ **Dominos Tournament:** Sunday. Sign up and enjoy a friendly game of Dominos with prizes for 1st, 2nd and 3rd place. No fee, just sign up at the Hornet's Nest. Starting time is 6 p.m.

MCFTB (253-3754)

■ **Key Volunteer Training:** Now available online. You can complete the training at your convenience. Contact your Key Volunteer coordinator or Marine Corps Family Team Building office to get your Key Volunteer Reference Guide and instructions or for more information.

■ **Miyajima Island L.I.N.K.S. Session:** Oct. 22, 8 a.m. to 4:30 p.m. Don't miss the very first off-site L.I.N.K.S. session. Call to sign up.

School Age Center (253-4769)

■ **Hachigamine Park Trip:** Saturday, 9 a.m. to 2 p.m. This park has a petting zoo, mini steam locomotive, putt-putt golf and much more. Admission is ¥300. Additional yen is needed for each ride. Open to all kids 12 and below. Children 9 and under must be accompanied by a parent or assigned volunteer attending this off Station trip.

■ **School Age Center Day Camp:** Monday, 6:30 a.m. to 5:30 p.m. Taking reservations for SAC Day Camp. One week advance notice is required if your child will attend. Many activities are scheduled for this day out of school.

Youth & Teen Center (253-6454)

■ **Samurai Keystone Meeting:** Every Friday, 7-9 p.m. Interested teenagers 13-18 are invited to join a committee to plan events for the Teen Program.

■ **SMART Girls Meeting:** Teenage girls meet Sunday, 4-6 p.m. Come on over for free food and fun.

Marine and Family Services

■ **Play Morning:** Tuesdays, 9:30-11 a.m. and Thursdays, 10-11:30 a.m. in the Community Room of Building 657. Call 253-6553 to sign up. Kids enjoy crafts, free play and songs.

■ **Ten Steps To Federal Employment:** Tuesday, 10-11:30 a.m. Learn effective writing and formatting tips for federal job applications. Call 253-6439 for more information.

■ **PCS With Success Workshop:** Thursday, 1-3 p.m. The Station departments provide tips to help you prepare for your return to the United States or transfer to your next duty station. For more information, call 253-3311.

OTHER

■ **YIEA Fall Japanese Language Course:** The Yamaguchi International Exchange Association is offering 40 seats for MCAS Iwakuni residents for Oct. 4 - Dec. 20 Fall Japanese Language Class. The class is every Tuesday, 7-9 p.m. at Iwakuni Civic Hall. Sign-up is first-come-

This story is a translation of page 6 & 7 text. 本文は6と7ページの記事の日本語訳です。

Nihongo de...

第二の故郷で海兵隊員がボランティア

9月9日約50名の基地住人が、シャベルや熊手、手袋を手に、錦帯橋清掃ボランティア活動に参加した。

9月6日、韓国語で「韓」の意味を持つ台風ナビの強風と豪雨が岩国市を打ちのめし、浸水し、危険な地滑りを引き起こした。台風が岩国を通った後には、激しい洪水による瓦礫が残った。

以前は祭りやピクニック、パーティーでにぎわった錦帯橋もすっかりひと気なくなりました。景色を楽しむ人も、犬を散歩させる人も、写真を撮る観光客もいなくなりました。そこにあるのは、壊れた船やバラバラになったレンガ、横転した車、それにやっかいな瓦礫の山だけだった。

「以前妻と息子と来たとき、この辺りは素晴らしい場所だった。ところが、ボランティア活動に必要な海兵隊員と水兵の人数を把握するため昨日ここへ来てみて、我が目を疑った。それほどまでに荒れ果ててしまっていた。」と、司令部・司令部中隊のジェリー・ベイリー特務曹長は憂慮し述べた。

「ここへ来て頭に浮かんだ一言は、'うわー'と驚きだけだった。完全な壊滅とまではいかないにしても、ひどい打撃だ。故郷(ニュー・オーリンズ)ほどではないが、かなりひどい状態だ。」と、司令部・司令部中隊出納係のデビッド・ノラッドベリー兵長は語った。

ボランティアの主な目標は、台風ナビが残したごみを片付けてこの辺りの清掃の第一歩を手がけることだ。

「大半の瓦礫と散乱したものを回収できれば、と思っている。レンガを全部積み重ねて、地面の凹凸に土をかけてならし、歩道をすっかりきれいにしていると。後から地元の日本人が積み出して処分できるように、散らばった瓦礫を一箇所に積んでおこうと思う。」と、ベイリーは言った。

太陽が照りつける中、額から汗をだらだらと流しながら、ボランティアの人たちは支援するという目標を持って、一日中一生懸命働いた。

「ここで暮らしている我々の多くは、日本人と同じく錦帯橋へ来て楽しいときを過ごしている。チャンネル5でボランティアを募っているのを見たとき、手伝いに来ることを決めた。」と、ブランドン・トレイラは語った。

「地元住民のことを気にかけているし、地域社会にお返しをしたかったのがここへ来た。この活動によって、私達が基地のことだけでなく、むしろ岩国のことを心配しているとわかってもらえる。」と、ブラッドベリーは付け加えた。

「私達は地域の一員である。この地域活動は、偉大な歴史的建造物のひとつをもと通りにして、皆がまたここへ来て楽しめるようするためのものだ。」と、ベイリーは言った。

Mess Hall Lunch Menu

Week of September 19-23
Monday - Beef With Bacon Soup, Shrimp Gumbo Soup, Seafood Newburg, Country Style Steak, Oven Glo Potatoes, Macaroni And Cheese, Hush Puppies, Broccoli Combo, Wax

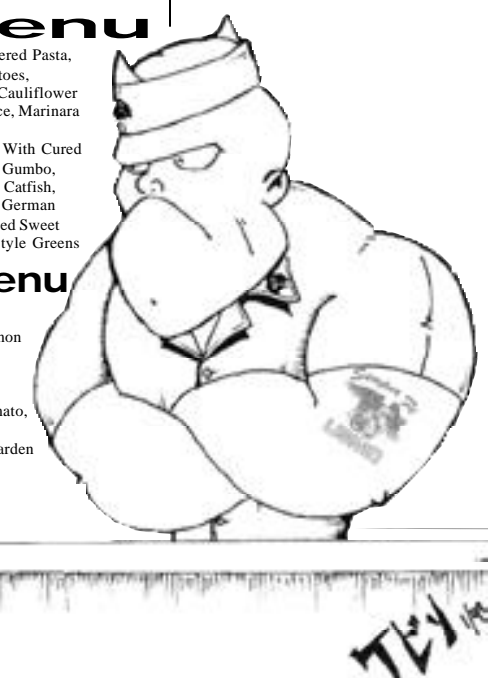
Beans, Dinner Rolls
Tuesday - Tomato Soup, Vegetable Soup, Lasagna, Roast Pork, Mashed Potatoes, Whole Kernel Corn, Mixed Vegetables, Chicken Gravy, Cheese Biscuits
Wednesday - French Onion Soup, Cream Of Broccoli Soup, Baked Tuna Noodles, Bratwurst With Sauerkraut, Garlic Roasted Potatoes, Carrots, Mixed Vegetables
Thursday - New England Clam Chowder Soup, Split Pea Soup, Chicken Parmesan,

Italian Sausage, Buttered Pasta, Oven Browned Potatoes, Eggplant Parmesan, Cauliflower Gumbo, Alfredo Sauce, Marinara Sauce
Friday - Been Soup With Cured Ham Hock, Chicken Gumbo, Southern Style Fried Catfish, Chicken Cacciatore, German Griddle Cakes, Candied Sweet Potatoes, Southern Style Greens



M. C. Perry School Lunch Menu

Week of September 19-23
Monday - Chicken Tenders, Crispy Potato Wedges, Cinnamon Toast, Awesome Applesauce, Fresh Fruit, White Milk
Tuesday - Cheese Pizza, Carrot Sticks, Ranch Dressing, Seasoned Green Beans, Assorted Fruit Juice, White Milk
Wednesday - Chicken And Bean Burrito, Lettuce And Tomato, Spanish Rice, Assorted Fruit Juice, Brownie, White Milk
Thursday - Baked Chicken Fries, Crispy Potato Wedges, Garden Salad, Ranch Dressing, Awesome Applesauce, White Milk
Friday - All Beef Hotdogs On A Bun, Carrot Sticks, Chili, Cheddar Crackers, Chilled Peaches, White Milk



CHAPEL RELIGIOUS SERVICES

Roman Catholic:

Saturday
4:30 p.m. Confession
5:30 p.m. Mass (Rosary to be recited after mass)

Sunday

8:30 a.m. Rosary to be recited
8:45 a.m. Mass
10 a.m. CCD

Protestant:

Sunday
8:30 a.m. Liturgical (Lutheran) Communion Service
9 a.m. Sunday School
10:15 a.m. Non-Denominational Christian Worship
10:30 a.m. Bible Study
11:45 a.m. Gospel Worship Service

LAY LED AND OTHER 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. Book of Common Prayer

Church of Christ:

Sunday
9:30 a.m. Bible Study
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 p.m. Priesthood, Relief Society & School Sacrament Meeting

Islamic:

Friday
12 p.m. Prayer

Nichiren Buddhist:

Call Chapel for POC information.

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

Hard Corps - Marines graduate instructor course

LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

Twenty-seven Marines graduated from the three-week, Marine Corps Martial Arts green belt instructors course, Sept. 9.

Each Marine had to pass three written exams, martial arts drills, cohesion drills, combat conditioning and field drills.

"The Marines go through all three components of the martial arts program which consists of mental, physical and character discipline," said Staff Sgt. Joseph H. Causey, Marine Aviation Logistics Squadron 12 S-3 training chief and MCMAP instructor trainer. "The biggest things they develop are their character and leadership."

To be in the course Marines must be at least a corporal, Professional Military Education complete, perform a 225 or above physical fitness test, and must be within height and weight standards.

"The green belt instructors course is much more rigorous than your typical PT program," explained Cpl. Edward Rosario, Headquarters and Headquarters Squadron defense messaging systems chief and MCMAP green belt instructors course student. "If you can't do drills, low crawl, run around with a sandbag or log, and then grapple for an hour you aren't going to make it through this course."

"This is a volunteer course," added Gunnery Sgt. Dan Ryley, H&HS aircraft rescue fire fighting



Photos by Lance Cpl. Cristin K. Bartter

ABOVE: Cpl. Michael E. Villarreal (bottom), course student, gets out of a possible choke by Cpl. Eric C. Clapp, course student, by getting a hold of his face. BELOW: Gunnery Sgt. Dan Ryley (right), course student, tries to submerge his opponent into the water before he takes the plunge.

section leader and instructors course student. "These Marines are more than willing to push their bodies, minds and themselves past the level of capacity that they are not used to. Once they complete the course I will be able to look at them and say 'you did something.'"

If the Marines had to choose their favorite portion of the training it would be the times when they were given the chance to apply their techniques on each other.

"The Marines grapple and free spar a good portion of this course," said Causey. "They tend to enjoy that stuff more because that is what they are trained to do. Ultimately, as a martial artist, you want to be able to fight."

"The sparring and the grappling are all part of the combat conditioning that we do," said Ryley. "It all goes back to the physical discipline that we were taught in the classroom. To get better we have to go out there and apply the techniques that we were taught. The only way we can apply the techniques we were taught is by putting the gear on and getting down n' dirty."

Graduating from the course, the tables then turn. The training will no longer be about them. They will be the instructors for junior belt holders.

"This is the only part of being a green belt instructor where it is about the Marines in this class," said Causey. "After that it is about them going out there and taking care of young Marines and training them. Once you're an instructor it's not about you anymore; it's about giving back and training somebody else to make them better."

Marines who may be interested in the course must be prepared for some intense, hard corps training.

"My biggest piece of advise for Marines interested in the green belt instructors course is you have to be physically fit when you come out here," said Ryley. "Any Marine can take this course; they just have to be able to push themselves past their comfort zone, out of that little box that Marines tend to put themselves in. If you push yourself past that zone you may be surprised at what you can do."

For more information about the green belt instructors course, contact Causey at 253-5682.



IWAKUNI SPORTS SCENE

- **League Bowlers**
All bowlers with a 2004-2005 ABC sanction card bowl for half price during open bowling. Call 253-4657 for more information.
- **SWEAT Program (Strength, Wellness Education & Aerobics Training)**
This program is designed to help active duty remedial personnel. The program includes a MicroFit Assessment, weekly weigh-ins (by request), monthly body fat testing, weight management lectures, President's Challenge entry and attendance and progress tracking reports. Call 253-6359 for details.
- **Running Club**
This incentive program is a way for runners to earn prizes for the miles they run. For details, call 253-6359.
- **Passport To Health**
Gym patrons receive incentives for every 25 workouts, up to 125 workouts. For further information, call 253-6359.
- **Moonlight Bowling**
Every Saturday, 6 p.m. The event features three lights out games, three strike shots for cash prizes and one double cross super progressive jackpot ranging from \$500-\$1,150. Reserve your lane today. \$10 includes the fee for all three games. Call 253-4657 for details.
- **Gear Issue**
The Outdoor Recreation lends gear for camping, sporting and picnics for all seasons at no cost for three days. 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. Outdoor recreation is open during

- the weekdays from 10 a.m. to 6 p.m. and weekends 10 a.m. to 4 p.m. Check out their tents and supplies. For more information, call 253-3822.
- **Golf Scramble**
The OSC is hosting a Golf Scramble Oct. 8. There is a 7:30 a.m. 'shotgun start' and entries will be limited to 72 golfers. Teams of either two or four persons can register at the Torii Pines pro shop. There is a \$20 registration and greens fee. The Officer Spouses Club is a charitable organization which raises money to support the local Iwakuni community and funds scholarships aboard the Marine Corps Air Station Iwakuni.
- **Tuesday Tune-up**
Come and get a cholesterol screening, body fat assessment and education material for Pre and Post Natal Nutrition and Fitness at the Crossroads Mall Tuesday, 11 a.m. to 1 p.m.
- **MCAS Stroke Play Championship**
Sept. 24-25, Oct. 1-2, play 18 holes per day. Tee time starts at 7:30 a.m. Entry fee \$20, plus user fees. Flights are established by sign-ups and handicaps. For further information, call 253-3402.
- **Birthday Parties**
If you are interested in having a bowling birthday party, stop by the Bowling center or call 253-4657 for details.
- **Youth Incentive Program "Have A Blast With Youth Sports"**
Youth ages 4-15 participating in sports can earn points to receive numerous prizes, such as MCX gift certificates, beach balls, frisbees and more. For further details, call 253-3239.

The Scoreboard

INTRAMURAL SOFTBALL PLAY-OFFS

MAIN BRACKET
Guatemalan Circus Midgets vs. ATC

La Judicial vs. TBD-Crew Dawgs vs. Lethal Weapon (winner)

CONSOLATION BRACKET
Recovery H&HS vs. S-6

VAQ-140 vs. (Loser of CD vs. LW)

Power lifters; one pound at a time

LANCE CPT. LUKAS J. BLOM
Combat Correspondent

A scrawny young kid walks into the gym and tries to imagine himself fitting in with the chiseled weight lifters who loom around the weight tree. Looking down at his frail body, two thoughts enter his brain. First comes the intimidation; lifting next to these guys would leave him feeling like an ant trying to move a boulder. Then comes the wonder, the dreaming of being one of the giants with muscles on top of muscles. After standing in the doorway for a moment, which lasted an eternity, he decides to plunge into the intense disciplined world of power lifting.

Experiencing a similar situation, many Station residents have taken up weight lifting at one point in their life, but there are a select few who apply the intensity and discipline to this powerful world, transforming their body into bulldozers of flesh capable of moving unbelievable amounts of weight.

Patrick J. Griffin and Kyle J. Hoelscher are two up and coming powerhouses aboard the Station who are stacking the weights in their favor for the power lifting competition being held at IronWorks Gym, Oct. 29.

Beginning his power-lifting journey after attending a seminar taught by Abe Roman, Griffin decided to give the sport of giants a try.

"When Abe first came up to me back in 2003 and asked if I ever thought about competing, I really wasn't too interested," said Griffin, a 5'10", 220 pound fortress of a man. "He asked me to go to a seminar he was teaching, and after seeing all the different techniques and proper forms, I decided to give it a try."

Not only did he give the sport a try, Griffin found a new passion for the sport.

"My first competition was in February of 2003, it was kind of like my weight lifting debut," said the humble giant. "After my first experience as a rookie, I just wanted to keep going to see what kind of weight I could put up."

Upon beginning his heavyweight trek, Griffin was Bench pressing 350 pounds, squatting 425 and dead lifting 535. His current goals for the upcoming competition are a 400 pound bench press, a 525 pound squat and a dead lift of 600.

"Goal setting is so important in this sport," said Griffin, the Rockville, Md. native who is always easily identified in the weight room thanks to his signature black boots. "I set my goals in eight-week increments and just kind of roadmap how I'm going to meet that goal by smaller weekly goals. With this eight-week cycle, I control when my body is in its peak performance. Without goals how could you measure success?"

"The human body is an amazing machine. It can do anything you want with proper training," said Griffin, who currently holds three records in the 220 pound weight class at IronWorks Gym with a 425 pound squat, 530 pound dead lift and the overall weight of 1,300 pounds.

As a relative newcomer still learning the finer



Photos by Lance Cpt. Lukas J. Blom

ABOVE: Patrick J. Griffin warms up for his workout by curling 125 pounds. Griffin adheres to a strict eight-week goal setting program, which enables him to track his success in power lifting. BELOW: Kyle J. Hoelscher winces under 200 pounds worth of dumbbells as he hoists the load into the air while doing dumbbell presses in preparation for the upcoming power lifting competition at IronWorks Gym, Oct. 29.

points of technique and form, Hoelscher is currently honing his body for the next competition.

Spending more than 12 hours every week at the gym, the 165-pound Jefferson City, Miss. native has been building his body for the past 14 months.

"I first started getting into lifting basically just to look better," said the broad shouldered Hoelscher. "After a while just lifting for looks, I noticed the strength was coming a lot faster than the weight, so I started training for more strength to see how far I could go."

When first starting to lift, Hoelscher was bench pressing 180 pounds, squatting 200 and had never completed a dead lift before in his life. Although he knows his own name won't be placed on the IronWorks record board after the next competition, Hoelscher is determined to set new personal bests with goals of benching 275 pounds, squatting 225 and dead lifting 300 at the next competition.

"The goals are what give you the constant gains, even when you feel like you've hit a plateau you'll push through to meet your goal," said Hoelscher. "Sometimes you get a comment from friends, like 'Hey, you're getting bigger,' or they see you at the gym and notice that you're lifting a lot more than you used to, and most of the time more than them. Meeting your own personal goals is so rewarding."

"Winning and loosing isn't important in the big scheme of things. That's what makes this sport so great," said Abe Roman, Station power lifting expert who was a former national champion at the 148 pound weight class, two time all Marine champion, and coach for the All Marine, Interservice, and U.S. power lifting teams. "You're not competing against other people, the whole idea is self improvement.



You're only trying to lift your weight and reach your goals."

Although there isn't an organized power-lifting program for beginners on base, Roman encourages anyone who is interested to come and ask him for advice.

"If anyone needs help, or wants to know more about the sport, all people have to do is ask," said Roman, who has the build of a human bull dog. "The vets of this sport are always happy to help someone get into the sport the right way and start reaching their own goals. Just approach us in the gym."