

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

JULY 16, 2004

Government vehicles under scrutiny

LANCE CPL RUBEN D. CALDERON
Combat Correspondent

Due to continuous traffic accidents involving government vehicles, Station officials have implemented new orders for issuing government licenses.

The Station's command and Motor Transport Office applied a three-day course for Marines and Sailors in order to receive a government license, July 6.

The class is comprised of remediation driving, questionnaires and helpful videos to suit the needs of Iwakuni drivers.

The original test was more vague and less informative, according to Chief Petty Officer Scott C. Baker, Motor Transport operations chief.

"It was easier. All someone had to do was pass the SOFA (Status of Forces Agreement) test, run their applications through their chain of command, take a quick road test and that's it. All they would do after is pick up their government license," said Baker. "Now the new test will allow Marines and Sailors more time to practice their driving and become more accus-

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Pomeroy passes 5,000 flight hours

LT COL. SAMUEL A. KIRBY
Marine Aircraft Group 12
Executive Officer

It was 25 years to the day that Col. Stephen Pomeroy, Marine Aircraft Group 12 commanding officer, first strapped himself in a military aircraft. Now, he has surpassed a mark few Marine aviators ever see in their careers.

On July 9, Pomeroy, upon completion of a routine training flight, exceeded 5,000 total flight hours.

Although the majority of these hours came in the F/A-18 Hornet, he has amassed flight time in numerous military aircraft. These aircraft included training aircraft and tactical aircraft to include the F-4, RF-4 and OA-4. He has flown orientation flights in F-16s and E/A-6Bs.

Additionally, Pomeroy, as the commander of the only composite MAG in the Marine Corps, had the unique opportunity to fly CH-53Ds on a regular basis with Marine Heavy Helicopter squadrons attached to MAG-12.

Five thousand flight hours (the equivalent of 208 days) reflects the career of a Marine pilot who has continuously returned to the cockpit and flown for the majority of his career. With most flights averaging between one and one and a half hours, the 5,000 hours is even more impressive indicating the career of an "operator" or an officer who has been in operational squadrons for most of his military life.

A typical fighter pilot will have approximately 2,000-2,500 hours as a major and will crest through 3,000-3,500 hours as a



Lance Cpl. Brian Henner

After taxiing his aircraft on the flightline, Col. Stephen Pomeroy, Marine Aircraft Group 12 commanding officer walks into a shower of congratulations, courtesy of a Station fire hose, July 9, for reaching a milestone of 5,000 accident-free flight hours during his career.

lieutenant colonel. To attain 5,000 hours an aviator would have flown through the rank of colonel in command, which is exactly what Pomeroy did. This implies the aviator would have attained both squadron command and command of a MAG as Pomeroy did, making the milestone a very exclusive one and a pinnacle of Marine aviation longevity and experience.

Pomeroy will relinquish command of MAG-12 to Col. Howard F. Barker in a ceremony aboard the Station on July 23. Pomeroy is slated to become the Deputy Director, Marine Air Ground Task Force Staff Training Program, Quantico, Va.

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"Mammo" Van comes to Iwakuni Mobile Mammography Center will provide breast cancer screening for military bases in southern Japan.

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Marines make positive impression America's Squadron spends a day with Japanese children and leave everlasting memories.

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IWAKUNI WEATHER

Today
T-Storms
High: 87

Saturday
T-Storms
High: 84

Sunday
Isolated T-Storms
High: 86

www.iwakuni.usmc.mil

Summer heat poses hazard for food

LANCE CPL LYDIA DAVEY
Combat Correspondent

A recent consumer information report published by the United States Department of Agriculture warns Station residents against a summer hazard.

Appropriate food handling during the summer months can help prevent contamination of meats and produce.

Warm temperatures and raw foods provide an environment in which bacteria can rapidly multiply.

The consumption of contaminated foods may result in symptoms ranging from a fever or vomiting, to just feeling "off" for a day, said Army Spc. Samuel Coleman, Station veterinary food inspection specialist.

"Many times people fail to connect their illness with food handling," he said.

"Precautions should be taken when selecting, storing and preparing food."

"When shopping for raw and cooked foods in the summertime, be sure the store is displaying food at the proper temperature. Display cases may have to be put on a colder setting to compensate for summertime temperatures," stated a consumer information report from the United States Department of Agriculture.

Station residents need to be aware of the "Danger Zone" food can enter when it reaches temperatures between 40 and 140 degrees Fahrenheit, said Coleman.

According to the USDA report, refrigerated or frozen items should be put in the shopping cart immediately before heading to the checkout line.

Once at the line, raw and cooked foods should be bagged separately. And during the ride home, perishable items should remain inside the air-conditioned car – not in the trunk.

The report also recommends perishables be placed in a cooler with ice if more than 30 minutes elapse before arriving home.

"When storing foods," noted the report "unload perishable items first and immediately refrigerate or freeze them. When refrigerating or freezing, don't stack foods – the cold air needs to reach the center to chill them fast."

According to Coleman, "Raw meat shouldn't be stored on a refrigerator's top shelf. Meat juices could drip or leak onto cooked food below and cause contamination."

"Preparation," Coleman added, "is pretty much common sense. Food preparation surfaces and utensils should be kept clean."

Cooked food should never be handled with a utensil that has come in

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Torii Teller

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Secrets of deployment don't go unnoticed

STAFF SGT. MIKE NIMAN
Letter to the Editor

I am glad to be back in Okinawa from my recent deployment to Thailand where I worked primarily with members of other services, which was a change for me.

What has not changed is the common misconception some people still have. Some service members think they can break any rule they choose while away from home, and no one will talk about it when they return home because "what happens on deployment stays on deployment."

When someone gives into temptation while abroad they say the same old phrase, and whoever coined it would be a multibillionaire if he received a nickel every time it was spoken.

I do not know why some believe deploying to another country means they can throw away all of their values and stop abiding by the rules. I'm not just talking about the Uniform Code of Military Justice, but the values we live by daily.

While in Thailand there was a buddy rule for all ranks, much like the buddy rules we have in Japan for our junior Marines. However, due to civil unrest in the southern part of Thailand, our first general order was to always have a liberty buddy while out in town.

It was common to see a lieutenant

colonel waiting around for his liberty buddy before heading out into town. But like the "10-percent" here, some deployed personnel ignored the rule and headed to markets, malls and shops without an authorized buddy.

In some reported incidents in Thailand, personnel would come to a hotel drunk, act disorderly and argue with hotel staff about why they could not let their new Thai girlfriends, who I assume they just met that day, up to their rooms.

The girlfriend thing is a great transition into why I really wrote this. Why did I see men who told me they have girlfriends, and others wearing bands, out in clubs drinking with women and leaving with them? It doesn't just happen in Thailand.

It happens everywhere I have deployed, and I have heard similar stories from service members deploying all over the world. It is not a problem for everyone, but it is known by some who pretend to look the other way and tell the stories when they come home.

The reality is that fraternization, adultery and acting like a total idiot seems to be a part of deployment for some, but luckily not for all. I have always heard stories with these underlying themes. Why? Because some genius has lead us to believe that what goes on during a deployment stays on the deployment.

I spoke with some fellow service

members about this face-to-face, but they are responsible for their own actions. If my opinion was heeded or not, is completely on them. If the sea-stories really did stay on deployment, I wouldn't be writing this.

Does a sexually transmitted disease stay on deployment? Does guilt stay on deployment? Can a marriage or relationship last once you have strayed from the one you love?

If you can look someone in the face after betraying their trust and confidence in you while deployed, your conscious is nothing like mine. You should never again counsel a Marine about his Corps Values. How can you or anyone who was witness to your transgressions take you seriously ever again?

God forgives the rule breakers and life goes on after the Marine Corps, but guilt on the heart can last for life. Forgiving yourself can be so hard that you just run from it any way you can. You may even run so far, you leave behind the ones you love.

When you see someone being an "ugly American" at a movie theater or in a club, it won't hurt if you speak to them about their inappropriate behavior.

They might not appreciate it at the time, but, later they may; especially if their significant other discovers "what happens on deployment never stays on deployment."

Assignment of choice: always faithful, when I want to be

CHAPLAIN STEPHEN M. COATES
Letter to the Editor

Many today scoff at the tired old adage, "Honesty is the best policy." Still, I think most people really appreciate a 'person of their word' if you can find one. I have listened to too many individuals tell me, "Chaplain, I don't trust anyone anymore." Then, they pause, look me in the eye and reiterate, "I mean anyone."

Since we first learned to talk, we were told not to lie. What is a lie? Many think of it as saying something with the intent to deceive. Mark Twain connected it to our actions when he said, "All lies are acts and speech has little or nothing to do with them."

I teach ethics. We all do. I happen to teach ethics formally using words to new arrivals and at Leadership Challenge 101. In reality though, I teach ethics, whether good or bad, primarily through my life and actions. We can talk about honor, courage and commitment all day long but if our actions betray the words, they are meaningless.

Is lying wrong? Result-based ethics concludes lying is only wrong if the bad consequences of the lie outweigh the good consequences. Rule-based ethics claims lying is wrong regardless of the consequences. Others might allow room for lying in order to protect their country, their service or their unit.

Regardless of where you stand on that issue, our jobs depend on some level of trust. We work with each other. Here's the deal: You can tell the truth a thousand times but once you lie, those thousand truths somehow disappear. Credibility is difficult to regain once lost because people do not like to be betrayed. Even people who are very comfort-

able lying as their habit in life do not like to be betrayed.

Nevertheless, we see our leaders lie regularly. When President Clinton stuck his finger in my face and told me he wanted to tell me something and he wanted me to listen - I listened. And I learned quite a bit.

What about you? In what way is your credibility tied to the mission of MCAS Iwakuni and Marine Aircraft Group 12? Would you lie to protect a subordinate? Would you lie to protect a superior? If your superior instructs you to mark several maintenance items as completed due to an unexpected inspection, will you comply? Your superior may assure you that the tasks will be completed before any harm could possibly come. This maneuver is simply to pass the inspection without incident.

If you are the superior, on what grounds will you ever be able to trust your subordinates again now that you have demonstrated that deception is sometimes acceptable? What if the only ones who know about the cover up are killed in an automobile accident prior to correcting the deficits?

The tension in this scenario is between truth and loyalty. You will face it your entire life. The stakes can be very high. Ask Major Knight, who was instructed to falsifying records that led to bombing a country with whom we were not at war. He was an individual serving his country. He didn't ask to make the choice of whether or not participate in a political cover-up. He was forced to decide as an individual and he had to make the decision alone.

Whether you chose to come to Iwakuni or were simply sent, you are now at the assignment of choice. You and you alone are in charge of your credibility. As for me, the words of the motto are worth living. Semper Fidelis.

“Mammo” Van makes debut in Japan

BILL DOUGHTY

Yokosuka Public Affairs

Breast cancer detection “drives” in Japan will take on new meaning with the arrival of a Mobile Mammography Center or “mammo van.” The van is undergoing weeks of extensive testing starting July 6 and will be retested and checked at other bases in Japan before it goes into use.

The long-awaited bus-size Mammography Center will provide breast cancer screening through mammograms for Yokosuka patients and at Navy and Marine Corps bases in southern Japan, at Sasebo and Iwakuni.

“Having mammography services available locally for the branch medical clinics will help to ensure that women are getting their recommended examinations in a routine and timely manner,” said Cmdr. Ron Dodge, officer in charge of Branch Medical Clinic Sasebo. “It

eliminates the need to get TAD (Temporary Assigned Duty) orders, plane tickets, child care for multiple days and travel 900 miles!”

According to Lt. Cmdr. Katy Hawkins, the van is a significant cost-saver.

“It will save the \$400 round-trip ticket and about two days TAD, \$40-200 per person, depending on where they stay.” Hawkins points out, “Previously, ships and other commands at Sasebo and Iwakuni had to send women here to get a mammo, now the mammo comes to them.”

Before the van can go into opera-



Tom Watanabe

A Mobile Mammography Center, or “Mammo Van,” arrives to provide breast cancer screening for military, family member and Department of Defense civilian patients in mainland Japan.

tion however, it must first undergo rigorous testing, calibration and retesting to meet stringent standards of the Food and Drug Administration.

According to Cmdr. Stephanie

Young, chief radiologist at USNH Yokosuka, “These procedures are standard for all mammography equipment, both mobile and stationary. The strict standards ensure the images we get from the van are of the caliber needed to find breast cancer at an early and treatable stage. Without the regulations and strict control, we might not find the subtle calcification or irregularity that signals an early cancer.”

The van will go to all bases this summer for continued testing. Young expects to be able to provide breast cancer screening mammography for patients in Sasebo and Iwakuni as early as this fall.

“This state-of-the-art diagnostic mammography van has both mammography and breast ultrasound in a mobile platform allowing both for screening examinations and one-stop diagnostic

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Station saves money, energy

Base-wide Green Outs help save electricity during summer months

LANCE CPL RUBEN D. CALDERON

Combat Correspondent

In a strong effort to save money and conserve energy, Station officials have asked residence to conserve electricity in their homes and workspaces.

Green Outs, the voluntary act of turning off unnecessary electricity at work or at home, will run sporadically through the summer months.

“Last year we called Green Out 10 times,” said Chief Petty Officer Richard Robinson, Utilities Division of Facilities energy conservation manager. “When we call Green Out we’re asking Station residents and workers to cut back on their electrical consumption.”

The Station Facilities Office requests lights be turned off, fans or air conditioners be lowered or shut off when rooms are unoccupied, keep all doors and windows closed, and to not use washing machines and dryers until after 4 p.m.

“The Station has an electrical peak demand limit of 13,800 kilowatts per hour that we cannot break. If we break that amount, even a small amount penalizes us and our rates go up for the remainder of our contract with the local power company,” said Robinson.

“Think of it like having car insurance when you get into an accident. You have to pay a deductible (penalty) and your premium (rates) goes up,” added Robinson.

The Station electrical readings are taken at the Electrical Substation across from M.C. Perry Elementary School. Every hour the meter is read and determines how much electricity the Station uses, Monday through Friday, starting at 8 a.m. during the summer months. Facilities monitor the electrical readings throughout the day.

“If we see an upward trend in consumption and it’s getting close to our limit then I would recommend to the Facilities officer that Green Out should be called. This decision is not taken lightly and the Facilities officer goes to great lengths not to impact the Stations quality of life,” said Robinson. “But if calling ‘Green Out’ ultimately saves the Station thousands of dollars in electrical bills then that call will be made.”

The voluntary efforts put forth by

the Station residents during Green Out periods will help prevent future electrical power outages and paying costly electrical prices.

For more information on Green Outs, contact the Station Utilities Division of Facilities at 253-4556.

What to do when Green Out is called:

- Turn off lights that are not needed or unnecessary (especially unoccupied rooms)
- Turn off air-condition systems in unoccupied rooms or spaces
- Turn off unnecessary electrical appliances, such as coffee makers and fans not in use
- Delay using electrical appliances (specifically such items as discretionary washing and drying of clothes) until after the Green Out condition passes (after 1700)
- Reduce room/space air-condition system usage to a satisfactory level (medium or low settings)
- Voluntary reduction of any other electrical usage as appropriate

NEWS BRIEFS

LOST AND FOUND

Marine Corps Exchange customers who have lost a personal item while shopping or walking near the vicinity of the Exchange are urged to check with the Security Office’s lost and found located inside the exchange for recovery of their item. Bank cards, ATM cards and credit cards, which have been lost can also be found at the Security Office.

TRAFFIC CONTROL

● One-lane traffic is scheduled 8:30 a.m. to 4:30 p.m. at Agan Road behind the Memorial Center to the Contractor’s Gate, now through Aug. 31.

● One-lane traffic is scheduled between Building 935 and Building 960 in Monzen Housing for 24 hours a day, now through Aug. 31.

IWAKUNI HUNTING CLUB

The Iwakuni Hunting Club is looking for individuals that would like to hunt in Japan. The cost of the course is about ¥85,000 for a three-year license. This money covers your three-year hunting license, gun book registration, skills test and first-year insurance. The club hunts pheasant, wild boar, deer and duck. Those who want to hunt and take the classes need to sign-up no later than July 30. Call Mike Gingles at 253-5999 or 253-2112.

Story time opens new worlds

STORY AND PHOTOS BY
LANCE CPL LYDIA DAVEY
Combat Correspondent

A slight frown creases the artist's forehead, and an aura of intense concentration radiates from his eyes. The paper plate canvas is carefully covered with colorful designs. Making crafts is Robbie Johnston's favorite part of Story Time.

Every Friday morning at 10 a.m., children aged 0-5 gather for Story Time at the Station library.

Library technician Joy Poyner has been hosting Story Time since December 2003, she said.

"I choose a theme, and then pick a book and a craft to go along with that theme," said Poyner. "The children enjoy Story Time, and that helps me enjoy it, too."

Crafts range from hat making to drawing, she noted.

"The kids really like to listen to the stories – they learn so much," said Sarah Johnston, Station resident and stay at home mother of two.



Joy Poyner, friendly host of the weekly Story Time, reads to a group of youngsters. Poyner has been hosting Story Time since December 2003.

"These little ones are our best readers," said Belinda Pugh, supervisory librarian. "If we can get them hooked now, they'll continue to read and continue to learn as they grow."

Story Time also provides a nice break for moms, said Johnston, who has been attending with her children for the past two years.

"Even though the children are young, they're able to follow along for the most part," said Poyner. "Making crafts helps build their developmental skills."

Tawana Smith, along with her three children ranging from age 11 months to 5 years, is also a faithful Story Time attendee.



Young Story Time fans pay close attention to the tale of an ugly but loveable fish named Big Al. Story Time, hosted by the Station library, is open to children age 0-5 Friday mornings at 10.

"The kids do enjoy the stories and the crafts, but I think Zaria enjoys cleaning up more than anything," laughed Smith.

Friday morning crowds range from as few as three, to as many as 15, said Poyner.

"Everyone is welcome," she stated. "It's always nice to have a crowd."

For more information, please call the Station library at 253-3078.

Class teaches Marines to get fit, financially

LANCE CPL LYDIA DAVEY
Combat Correspondent

When Benjamin Franklin penned the following words, "A penny saved is a penny earned," more than 200 years ago, he wasn't writing to Station Marines. However, his wise words regarding the importance of financial management are just as applicable to residents here today as they were to his original audience.

Every week an average of 10 Marines, Sailors or civilians stop by the Marine and Family Service Center to speak with Teri Lovely, financial fitness counselor.

Station residents from all walks of life come to Lovely with questions. Many single Marines seek help in focusing on long-term saving goals, while married service members talk of solving debt problems and receive help to find the motivation necessary to "set aside money for a rainy day," said Lovely.

Lovely uses one-on-one counseling, monthly classes, unit and shop workshops to expose

Marines to the numerous options available to them as they plot their financial courses.

During a recent Money Management Workshop, 17 students received a comprehensive look at financial management.

"There is always something new to learn," said Lance Cpl. Ruthie Cutright, Headquarters and Headquarters Squadron flight planner.

Students first set financial goals, said Lovely. Then, using current leave and earnings statements, they developed a budget and spending plan. Tax exemptions were also discussed.

Building good credit was next on the list. "If possible, pay more than the minimum payment due," advised Lovely.

The students were given direction about acquiring a credit report, and debt management was also addressed.

The class was informed of its investment options through stocks, bonds, individual retirement accounts and college education plans.

"I knew there were better investment options out there than a savings account," said Cutright. "I

needed specific advice on how to invest the money I've saved, and the class provided me with a lot of good information."

"It's motivating to work with people who are serious about creating and meeting their goals," said Lovely.

For individuals who struggle with adhering to their financial plans, Lovely can provide, extra level of accountability.

"Staying on-track can sometimes be difficult," she noted.

Another important issue Marines should begin thinking about now is retirement, said Lovely.

"Many Marines won't consider planning for retirement until they become a gunnery sergeant or a major," said Lovely. "That's a mistake."

However, regardless of a Marine's goals or plans, the most important thing to remember is the value of immediate action.

"Time or rank won't fix your problems," said Lovely. "The only way to meet your goals is to start working toward them now – today."

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imaging for patients with clinical findings or issues," said Young. "No longer will our Sasebo and Iwakuni patients be subject to long travel times and inconvenience to receive a simple screening test."

Dodge is excited about the prospect of offering this service to his beneficiaries in Sasebo.

"Taking healthcare to the deck plates is much more than simply a dollar and cents concept, said Dodge, "It's the right thing to do."

He added, "Although a majority of the cost savings – elimination of the patients' need to travel – will not be ours, we are saving the Navy big dollars from all of the commands in this area."

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contact with raw meat or poultry. Never put cooked food on a platter which contained raw meat, stated the report.

Foods such as potato salad, macaroni and cheese, macaroni salad, or any dish prepared with mayonnaise can be especially susceptible to bacteria growth, said Coleman.

"Often, people are focused on having fun, and don't really take the time to think about the potato salad that's been sitting

out in the sun for the past few hours," he said. "Summer food handling is important."

When it comes to leftovers, Coleman advises dividing foods into shallow containers to help foods cool quickly.

"Put food directly in the refrigerator or freezer. Never refrigerate one large pot of food or a whole turkey," recommends the USDA report.

With a few food safety tools, Station residents should be able to construct some healthy summer memories, without the fear of bacteria.

Goodwill exchanged through summer fun

LANCE CPL. LYDIA DAVEY
Combat Correspondent

Marine Tactical Electronic Warfare Squadron 1 hosted the Japan Maritime Self-Defense Force Air Patrol Squadron 91 during a goodwill exchange, July 9.

The event featured a tour of the Station, a barbecue that included American and Japanese foods and a sports exchange at the JMSDF Gym.

"The Marine Prowler community has a long-standing relationship with VC-91," said Lt. Col. Robert D. Loynd, VMAQ-1 commanding officer. "This exchange is a wonderful opportunity to discuss professional military topics and enjoy a shared sense of camaraderie with our host nation.

In a greater sense, we're demonstrating our shared commitment to global peace and security," said Loynd. "We must remember that Japanese forces are serving side-by-

side with our Marines as part of the coalition in Iraq."

Both officers and enlisted Marines had a good time, said Loynd.

"I've seen a lot of laughs and humor as they try to break the communication barrier – friendships are being built," he added.

P.O.2 Gou Shibata, VC-91 aircraft crew member, enjoyed the day's events, he said.

"My favorite part was the American food," said Shibata. "I liked the sausage on the hotdog bun."

Shibata also

enjoyed the opportunity to

test his athletic abilities through a friendly basketball competition.

"I'm a world class player," he joked.

"Watching the differences between our service and theirs was interesting," said Cpl. Andrew Acosta, VMAQ-1 aircraft electronics technician.

"The yakisoba was great, too."

"I think the exchange was a good idea," said VMAQ-1 Sgt. Maj. Vincent Villemaire. "Not only did it provide us a chance

to mingle, it also counted as a day off for our guys.

They've been working pretty hard lately.

The exchange was absolutely a success."

According to Staff Sgt. Jeremy Ravenscroft, VMAQ-1 career planner, roughly 165 Marines and 120 Japanese service members participated in the exchange.



Lance Cpl. Brian Henner

Japan Maritime Self-Defense Force Air Patrol Squadron 91 service members perform a martial arts demonstration for the Marines of Marine Tactical Electronic Warfare Squadron 1 during a goodwill exchange, July 9.



Lance Cpl. Lydia Davey

Gou Shibata, VC-91 aircraft crew member, begins a volley with his opponent as a Marine looks on during a Ping-Pong competition at the JMSDF Gym, July 9.



Lance Cpl. Lydia Davey

Marines of VMAQ-1 battle their VC-91 opponents during a competition at the JMSDF Gym, July 9.



Lance Cpl. Brian Henner

Three Japanese cooks prepare Yakisoba during the goodwill exchange barbecue. VC-91 contributed traditional Japanese food, and VMAQ-1 provided hotdogs, hamburgers and drinks.

VEHICLES from Page 1

tomed to Japanese-style driving," said Baker.

Giving service members more time to practice was a good idea, according to Baker, considering that many drivers are not accustomed to driving on Japanese streets.

"One of the videos the class sees emphasizes on driving on the left side of the vehicle and driving on the left side of the road. It's something that no one from the United States is familiar with," Baker said.

Another factor for the Station is backing.

"The majority of the accidents that involve government vehicles are backing," stated Baker. The class performs backing up exercises in hopes of preventing future accidents.

"People don't seem to realize how important it is to take all the proper procedures; honk and check mirrors, when backing up. They should slow down when backing and be more careful. The next time a backing accident occurs, it might

not be a car that gets hit. It could be a person," said Baker.

"Luckily there have been no serious injuries from any government vehicle related traffic accidents," added Baker.

However, the cost for government vehicle accidents in this fiscal year, so far, is more than \$24,000. The total cost for the last fiscal year was more than \$32,000.

"We still have a little less than three months left in this fiscal year and it's not looking so good. The amount is supposed to be decreasing. It's not supposed to stay the same or drop by only 10 percent," said Baker.

The Station hopes that the new class will have a serious affect on not only the costs but also Station drivers.

"Driving is not a right it's a privilege. People should stop and think whether it is necessary to drive or just simply walk to their destination. This will lower the chance of a traffic accident," said Baker.

Community



Lance Cpl. Lydia Davey

A local Iwakuni girl gathers weeds and grass from the river bottom, July 10.



Lance Cpl. Jessica Peterson and Sgt. Anthony Merc measure technicians, clear weeds from the Nishiki ri



Lance Cpl. Lydia Davey

Petty Officer 2nd Class Leo Sapitanan, Headquarters and Headquarters Squadron aviation boatswains mate, works to clear weeds from an area near the Nishiki river.



Lance Cpl. Ruben D. Calderon

A garbage disposal truck picks up waste collected by service members at the Tsuzumigaura Beach, July 13. The majority of the trash was seaweed and driftwood from the beach.



Participants of the Nishiki River cleanup spread out and collect trash by the river. The Nishiki River is the largest river in the Yamaguchi Prefecture.

ontributes to annual cleanups



Lance Cpl. Lydia Davey

Aviation Logistics Squadron 12 electronic counter-

LANCECPL RUBEN D. CALDERON
Combat Correspondent

More than 800 residents of Iwakuni, both on and off the Station, made their way out to the Nishiki River, July 10, and the Tsuzumigaura Beach, July 13, donned with working gloves and trash bags to take part in the beautification of Iwakuni City.

The annual cleanup events are comprised of residents who volunteer to pull weeds and remove litter from the Nishiki River and remove plastics, cans, bottles, seaweeds and driftwood from the Tsuzumigaura Beach.

"This is the third year doing this and every year we receive more volunteers," said Yoshihisa Doi, Kawashimo District Federation of Neighbors' Association chairman of the Nishiki River cleanup.

Residents of the Yamaguchi Prefecture care for the river because it is part of their daily lives. The river is a symbolic landmark to the residents, Doi said.

"The neighbors of the river enjoy it for recreational use. During the summer days, families use the river to swim in," said Doi. "It is a major part of the city's leisure as well. Many festivals, including dance and fire festivals, take place near the river to celebrate its importance to the community."

The river also flows under the famed five-arched Kintai Bridge.

Marines and Sailor's who volunteered were shocked to see so many people volunteering to beautify their community.

"I am just amazed to see so many people

here," said Cpl. Tyrone Denkins, Traffic Management Office passenger and travel clerk. "You wouldn't see so many people back in the United States on a Saturday morning doing this."

The 80 service members who contributed to both cleanup projects considered volunteering a courteous and respectful gesture to the Japanese locals.

"This is the first time I have ever volunteered for something like this. I always wanted to and I'm glad I finally did," said Cpl. Jesse B. Boring, Marine Aviation Logistics Squadron 12 aviation technician. "I hope this leaves a lasting impression on the residents of Iwakuni."

The locals who also participated were gracious for the service members making an appearance and helping the city.

"The city is really appreciative of the volunteers from the Station. It's not a glorious job, picking up trash, but we hope to see more Marines and Sailors lend a helping hand," said Doi.

The Nishiki River starts in the north of Shikano-cho in Tsuno-gun County, flows to the east and runs into the Seto Inland Sea.

The Nishiki River is the largest river in the Yamaguchi Prefecture. The length of the river's channel is 109 miles. The length of the entire Nishiki River System, including 27 offshoots, is 327 miles.

The Tsuzumigaura Beach is located 6 miles away from the Station and provides a great refuge for the Iwakuni residents, said Yukie Wada, Station Public Affairs representative and coordinator of the beach cleanup for service members.



Lydia Davey
near water
going to 327



Lance Cpl. Ruben D. Calderon

Petty Officer 1st Class Dean Barrera, Helicopter Combat Support Squadron 5 Detachment 6 aviation machinist, seals bags full of seaweed at the Tsuzumigaura Beach cleanup.



Lance Cpl. Ruben D. Calderon

Collecting bundles of seaweed and driftwood, Marines and Sailors work hand-in-hand with Japanese locals to beautify the Tsuzumigaura Beach. The annual cleanup event is comprised of more than 300 residents of Iwakuni, both on and off the Station.

Marines spread positive image

STORY AND PHOTOS BY
LANCE CPL. DAVID REVERE
Combat Correspondent

Laughter goes a long way in producing lasting memories, and it was in no short supply at Iwakuni's Kono Elementary School, July 7, where 13 Marines from Marine Wing Support Squadron 171 showed up smiling and ready to play.

According to Navy Lt. Timothy Gault, MWSS-171 chaplain, the school administration invited the squadron after hearing about similar visits to other schools.

"We came to build lasting relationships and friends in the community," Gault said.

"I hope the children remember the time the Marines came," said Eiko Saeki, an English teacher at the school. "This was the first impression of Americans most of the children have ever had."

"The children learn about English and America only one hour every day," Saeki said. "They have no chance to meet English people and see

foreigners. Living in a small town, they think small in their minds and may grow up corrupted against Americans. I think this will help them grow up with an open mind, and realize that Americans are good."

"America is good," was a phrase that was repeated by the children throughout the course of the afternoon visit, and an indicator that the Marines were accomplishing what they set out to do.

The afternoon was filled with games, including Kendama, a Japanese game that involves catching a ball in a cup, and Duck, Duck, Goose. The Marines also split into small groups with the children, learning Japanese as well as teaching English through one-on-one conversations.

Other activities included a relay race and decorating

bamboo branches with paper ornaments in preparation for the Japanese Star Festival.

"You could tell by looking at their faces that they were having fun," said Cpl. Angel A. Valdez, MWSS-171 tactical data network specialist. "Watching them be happy was a great feeling. It made me want to do this a lot more often."

The Marines recognized the importance of presenting a positive image to children through school visits.



Lance Cpl. Leonardo Viera, Marine Wing Support Squadron 171 hygiene equipment operator, plays a game of Kendama with a Kono Elementary school child at the school's gymnasium during a visit, July 7.



Cpl. Jasman L. Duque, MWSS-171 heavy equipment operator, attempts to tag a child from Kono Elementary School during a game of Duck, Duck, Goose.

"I think Marines need to be more informed about these things," said Cpl. Vern Fountain, MWSS-171 heavy equipment welder. "I'm going to let my Marines know where we're going so they can get out there and do it. It lets them know we're not so bad and gives them a better impression about us."

"We want the Japanese people to know that America is a good country," Gault agreed. "The things we stand for are better than some of the negative things they hear in the news.



Cpl. Vern Fountain, MWSS-171 heavy equipment operator, practices his Japanese with Kono Elementary School children.

I hope that they will remember that and this will be a lasting impression as they grow older and encounter Americans in the future."

OUT THE GATE

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

Iwakuni Port Minato Festival

There will be fireworks display near the Iwakuni Port Building Saturday, 8-9 p.m. It will be postponed to Sunday in case of rain. Call 21-0783 for details. A music festival will be held at Shinminato Sports Park Sunday, 10 a.m. to 10 p.m. An admission fee is required. Call 21-2242 for more information.

Tsuwano Town Yasaka Shrine Gion Festival

This festival with Sagi (heron bird) Dance, a national intangible cultural asset, will be held on Tuesday, July 24 and 27. The dance will be performed 3-5 p.m. near Yasaka Shrine on Tuesday and July 27, and 2:30 p.m. on July 24. They will be held inside the town gym in case of rain. For more details, call 0856-72-0650.

Yanai Flea Market

A flea market is scheduled to be held at Yanai City Hall Sunday, 8 a.m. to 4 p.m. In case of inclement weather, it will be cancelled. Call

0820-26-6666 for more information.

Saturday Fair

A fair will be held along the city street in Motomachi Saturday and July 24, 6-9 p.m. Band and Karate performances are scheduled. It will be cancelled in case of rain.

Ichidate Festival

Visitors can view a ceremony and Bugaku performance, dance and music Wednesday 9 a.m. at Itsukushima Shrine on Miyajima island. Admission fee is required to enter the shrine. Call 0829-44-2020 for details.



TORII TELLER CLASSIFIED ADS

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

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

AUTOMOBILES

Nissan Blue Bird, free car, 1991, 4 door, everything works, runs good, looks bad, JCI until Dec. 2004. Call 253-2480.

Toyota Vista, 1991, must sell by Aug. 1, power everything, adjustable suspension, excellent interior, completely serviced in June, runs great, looks good, very dependable, JCI until Dec. 2004, \$650. Call Cpl. England at 253-4014 dwh or 253-6416 aw.

Mazda Sentia, 1991, full size sedan, must sell, great shape, new battery, JCI until June 2005, \$1,500. Call Cpl. Reicha at 253-3003 dwh or Andrea 253-2545.

Toyota Windom, 1994, 5 passengers, 4 door, radio/cassette, P/W, P/D, excellent condition, JCI until Aug. 2005, \$3,000. Call Anna at 253-2676.

Toyota Surf, 1992, CD player, custom rims/tires, well maintained, SUV, JCI until March 2006, \$3,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

Nissan Cedric, 1992, JCI until June 2006, \$2,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

Toyota Windom, 1992, 4 door, paid \$2,500 nine months ago, owner had to leave, JCI until April 2005, \$1,200. Call J. Stroup at

253-3327 dwh or 31-8422 aw.

Mitsubishi Pajero, 1990, 4 door, 4WD, turbo, JCI until Sept. 2005, \$1,200 obo. Call Christina Boyd at 253-3331 dwh or at 253-7734 aw.

Harley Davidson, Tour Glide Classic, 1988, mint condition, well maintained, JCI until March 2006, \$8,500 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

OTHER ITEMS

Misc., bench craft recliner, \$150 obo; Ashley furniture set, couch/loveseat, \$800 obo. Call Sean or Jolyn at 253-5549 dwh or 253-2291 aw.

WANTED

French Language Teacher, travelling to Paris and would like to take French lessons prior to leaving. Call Annmarie at 253-2600.

Misc., rug or carpet for living room, hallway and bedrooms. Call Jennifer at 253-2505.

JOB OPENINGS

Commissary
Full/part time Commissary Deli employees are needed. \$6.50/hour. Japanese nationals welcome to apply. Applications may be picked up at the deli.

CHRO (253-6828) Clinic:

- Social Worker
- Occupational Health Nurse
- MCCS:**
- Financial Fitness Counselor
- Logistics:**
- Supply Management Officer
- Facilities:**
- Housing Management Assistant
- DECA:**
- Sales Store Checker (Student Temporary Employment Program)
- MCCS (253-3030)**
(The following jobs are open at MCCS Personnel)
- MCCS Job Listing:**
- Secretary, Business Operations Administration, civilian only
- Senior Sales Associate, Main Complex, civilian only
- Retail Operation Assistant, Main 7 Day Store, In-house only
- Head Cashier, Cash Cage
- Sales Associate, Cosmetic, Main Complex,
- civilian only
- Beautician, Manicurist, Beauty Shop
- Catering Manager, Club Iwakuni
- Executive Chef, Club Iwakuni
- Food Service Worker, School Cafeteria, civilian only
- Food Service Worker, Auto Mini Mart, civilian only
- Leisure Travel Assistant, ITT, civilian only
- Food Service Worker, Auto Mini Mart, civilian only
- CDC Supervisor, CDC
- Program Assistant, CDC, civilian only
- Library Technician, Library, civilian only
- Library Technician
- Recreation Assistant, Fitness Inst/Trainer, Health Promotions, civilian only
- Projectionist, Sakura Theater
- Marketing Research Specialist, Marketing
- Computer Operator, IT

MOVIE SCHEDULE

FRIDAY

- 11 a.m./5 p.m. Juwanna Mann (PG-13)
- 2 p.m./8 p.m. Godzilla 2000 (PG)
- 11 p.m./5 a.m. Bad Company (P-13)
- 2 a.m. Snatch (R)

SATURDAY

- 11 a.m./5 p.m. About A Boy (PG-13)
- 2 p.m./8 p.m. Total Recall (PG-13)
- 11 p.m./5 a.m. Sum Of All Fears (PG-13)
- 2 a.m. Lucky Numbers (R)

SUNDAY

- 11 a.m./5 p.m. My Boss's Daughter (PG)
- 2 p.m./8 p.m. Orange County (PG-13)
- 11 p.m./5 a.m. The Cooler (R)
- 2 a.m. Memento (R)

MONDAY

- 11 a.m./5 p.m. Scooby Doo (PG)
- 2 p.m./8 p.m. Small Time Crooks (PG)
- 11 p.m./5 a.m. Forrest Gump (PG-13)
- 2 a.m. Women On Top (R)

TUESDAY

- 11 a.m./5 p.m. Kate & Leopold (PG)
- 2 p.m./8 p.m. Barbershop (PG-13)
- 11 p.m./5 a.m. Red Planet (PG-13)
- 2 a.m. 28 Days (R)

WEDNESDAY

- 11 a.m./5 p.m. Men In Black 2 (PG-13)
- 2 p.m./8 p.m. Heartbreakers (PG-13)
- 11 p.m./5 a.m. Vertical Limits (PG-13)
- 2 a.m. Reign Of Fire (PG-13)

THURSDAY

- 11 a.m./5 p.m. Torque (PG)
- 2 p.m./8 p.m. Accidental Spy (PG-13)
- 11 p.m./5 a.m. National Security (PG-13)
- 2 a.m. The Professional (R)

SAKURA THEATER



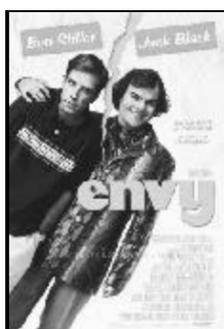
SHREK 2

Picking up exactly where the first movie left off, this movie takes us to the kingdom of Far, Far Away as Shrek and Fiona return to her homeland to tell her parents the good news. Not everyone is happy to find her married to an ogre, with the most irate in this group being Prince Charming, who was supposed to be the one who lifted Fiona's curse. (105 minutes)



GODSEND

After their young son, Adam, is killed in a freak accident, a couple approach an expert in stem cell research about bringing him back to life through an experimental and illegal cloning and regeneration process. When Adam comes back to them, however, he's different. (102 minutes)



ENVY

When one of them becomes mind blowingly, quite-literally stinking rich by selling an invention, a pair of lifelong best friends and neighbors finds their bond breaking as the other guy starts to go crazy with envy. (99 minutes)

FRIDAY

- 12 p.m. Agent Cody Banks 2 (PG)
- 3 p.m. Shrek 2 (PG)
- 7 p.m. Godsend (PG-13)
- 10 p.m. The Day After Tomorrow (PG-13)

SATURDAY

- 1 p.m. Shrek 2 (PG)
- 4 p.m. Envy (PG-13)
- 7 p.m. The Punisher (R)
- 10 p.m. Godsend (PG-13)

SUNDAY

- 4 p.m. Envy (PG-13)
- 7 p.m. Godsend (PG-13)

MONDAY

- 12 p.m. Who Framed Roger Rabbit (PG)
- 3 p.m. Shrek 2 (PG)
- 7 p.m. 13 Going On 30 (PG-13)

TUESDAY

- 7 p.m. The Day After Tomorrow (PG-13)

WEDNESDAY

- 7 p.m. Envy (PG-13)

THURSDAY

- 7 p.m. Soul Plane (R)

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

EDUCATION

Test Schedule

Tuesdays/Fridays - CLEP, DSST

Wednesday - AFCT

Thursday - EDPT

For more information call 253-3855.

CHRO

CHRO Training

■ **Conflict Across Cultures:** July 27-29, 8 a.m. to 4:30 p.m. For more information and nomination, call 253-6828 or send e-mail to shiomuram.jp@iwakuni.usmc.mil. Classes will be held at Building one, Room 102.

MCCS

CRMC Classes (253-6439)

■ **Basic Resume Writing:** Tuesday, 9-11 a.m.

■ **Hello USA:** Wednesday, 11:30 a.m. to 1 p.m.

■ **Interviewing Skills:** Thursday, 1-3 p.m.

Club Iwakuni

■ **Monday Night Bingo:** All ranks at 6:15 in the Landing Zone Dining Room.

■ **Keith Floyd Live In Concert:** Today, free for all ranks in the ballroom. Doors open at 8 p.m. Show starts at 9 p.m. Call 253-3727 for more information.

■ **Prime Rib Night:** In indi-

vidual dining rooms on Saturday. Prices vary. Take your pick from the cart and have your meat carved at the table. For more details, call 253-5416.

■ **NCO Appreciation Night:** Tuesday in the Staff NCO Club. Uniform of the Day Required. Call 253-5416 for details.

MCX (253-5641)

■ **Back To School Sale:** Thursday to Aug. 1 purchase school supplies at discount prices. Aug. 3-13 enjoy a sale of apparel and shoes.

■ **Santa Bucks:** Now through July 31, MCX patrons receive a Santa Buck for every \$10 spent in a single purchase.

Teen Center (253-6454)

■ **S.M.A.R.T. Girls Glass Village Trip:** Monday, 9 a.m. to 4 p.m. Admission is ¥500 for junior high school students and ¥700 for high school students.

■ **Pool Party:** July 23, 6-9 p.m. Splish splash. Let's have fun at the Main Outdoor Pool. Japanese high school students have been invited to the party. Join us in this cultural gathering.

Single Marine Program (253-3891)

■ **Spades & Dominos Tournament:** Saturday, 6 p.m.

■ **9-Ball Tournament:** July 24, 6 p.m.

■ **Yanai Go-Carts Trip:** July 25, 12 p.m.

Inter-Cultural Potluck Party

Monday, 10:30 a.m. to 1:30 p.m. Advance sign-up is recommended. Get together with local Japanese women and share their dishes with one of your own. You can learn about the culture, practice your Japanese, and make Japanese friends. Call 253-6165 for more details.

Grocery Shopping Tour

July 30, 1-3 p.m. The Cultural Adaptation specialist will come with you and tell you which ones to try. Sign-up in advance. Call 253-6165 for more information.

COMMUNITY

Matthew C. Perry Schools

Summer office hours are Monday through Friday, 8 a.m. to 12 p.m. and 1-3 p.m. All new families need to come by the schools and register for the school year upon arrival. For more information, call 253-3327 or 253-5449.

Sure Start

Applications are now being accepted for school year 2004-2005. Children must be 4-years-old by Oct. 31, 2004. Pick up an application at the Matthew C. Perry Elementary School Office. Call 253-3447 for details.

University Of Maryland

Term 1 for academic year 2004-2005 is Aug. 2-13. Students must

take a placement exam prior to registering for Math and English. Students applying for financial aid and should attend a workshop to be held on Tuesday in the Community Services building. Call 253-3494 for more information.

Crime Stoppers

If you have any information pertaining to a crime please call "Crime Stoppers" at 253-3333. Crime Stoppers is an answering service designed for anonymous callers to give information that would assist the Provost Marshal's Office in solving and preventing crime.

Thrift Store

The Thrift Store is open Mondays from 10 a.m. to 1 p.m., Wednesdays from 5-7 p.m. and the last Saturday of each month from 9 a.m. to 12 p.m. in Building 1117, located next to the Chapel. Volunteers and donations are always welcome. Call 253-4721 for more information.

Iwakuni Toastmasters

Toastmasters (TM) International provides an excellent opportunity to learn and practice proper public speaking and invaluable leadership skills. The TM experience also looks very good on your resume. The class meets every 2nd Thursday evening and 4th Friday at lunch. Japanese with intermediate or better English skills are welcome. Call Sallie Donahue at 253-5328 for more information.

CHAPEL SERVICES

Roman Catholic

Saturday	4:30 p.m.	Confession
	5:30 p.m.	Mass
Sunday	9:30 a.m.	Mass
	10:45 a.m.	CCD

Protestant

Sunday	8 a.m.	Non-Denominational Christian Worship Service
	9:30 a.m.	Sunday School/ Adult Bible Fellowships
	11 a.m.	Gospel Worship Service
	7 p.m.	Liturgical Divine Worship (1st Sunday of the Month)

Cooperative Chapel Ministries

3rd Saturday 8 a.m. Men's Fellowship Breakfast

LAY LED SERVICES

Church of Christ

Sunday	9:30 a.m.	Bible Study
	10:30 a.m.	Worship Service
Wednesday	7 p.m.	Bible Study

Jesus Christ Apostolic

Sunday	12:30 p.m.	Worship Service
Thursday	6:30 p.m.	Bible Study

Seventh-Day Adventist

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

Jewish

Every other Friday
6 p.m. Shabbat

Latter Day Saints

Sunday	1 p.m.	Priesthood/RS Meeting
	2 p.m.	Sunday School
	3 p.m.	Sacrament

For information regarding divine services, religious education or any other Command Religious Program/Chapel activity, call the Station Chapel at 253-5218.



Lance Cpl. Giovanni Lobello

Gannon takes over Dragons

Lt. Col. James Gannon, Combat Service Support Detachment 36's new commanding officer takes the unit flag along with control of the Dragons from acting CO, Capt. Michael F. Mastria, during an assumption of command ceremony, July 1.

Gannon was commissioned through the Naval Reserve Officers Training Corps program at Miami University, Oxford, Ohio. He earned a Bachelor of Science Degree in Manufacturing Engineering, and a Masters of Science Degree in Material Logistics Management from the Naval Postgraduate School.

Some of Gannon's decorations and awards include the Defense Meritorious Service Medal with Gold Star, Navy Marine Corps Commendation Medal with Gold Star, Joint Meritorious Unit Award and the Navy Unit Commendation Medal.

Nirvana found at IronWorks

STORY AND PHOTOS BY
LANCE CPL. RUBEN D. CALDERON
Combat Correspondent

Modern-day scholars believe that the meditation practice of Yoga first started as a form of shamanism more than 5,000 years ago.

Present day Yoga is regarded as the most commonly practiced form of meditation and exercise in the world.

Research proves the Hindu-influenced, mystic practice can help remedy an array of ailments. These ailments include anxiety, asthma, carpal tunnel syndrome, depression, diabetes, epilepsy, heart disease, high blood pressure, multiple sclerosis and stress. Yoga also improves muscle tone and flexibility.

Aside from that, in the spiritual sense, a yoga practitioner can find what is often hailed as nirvana.

Yoga classes are offered Mondays from 11:30 a.m. to 12:30 p.m., Tuesdays from 6:15-7:30 p.m., Thursdays 9-10 a.m. and Fridays from 11:30 a.m. to 12:20 p.m.

"Most people have this perception that Yoga requires incredible flexibility, but that's just not true," said Charla Truesdale, IronWorks Gym Yoga instructor.

Yoga is an exercise that does not require much physical strength but more mental strength, said Sara Perez, IronWorks Gym fitness instructor.

"You do things that you don't think you can do; stretching a certain way. Your muscles will be aching and you think to yourself, 'I can't do this.' But the more you practice, the more flexibility you will have. And at the same time, you will think to yourself, 'I can do this,'" said Perez.

Perez has been involved in health-oriented practices for more than four years and finds that the quest Yoga takes you on is a long but fulfilling experience.

"It's a lifelong journey. I've been doing it for years, but I still feel as if I have not begun the first page," added Perez.

Practitioners of the yoga classes agree with Perez and find something grand in Yoga. Possibly nirvana.

"I find Yoga to be very good for the body and



Sara Perez, IronWorks fitness instructor, teaches one of a variety of Yoga positions at the gym.

mind," said Silvana Shull, three-year practitioner of Yoga and committed student of the class. "It's very relaxing and very helpful to find one's balance. I have had back problems for a long time and it helps relieve the pain. I strongly recommend this class for everyone and it is something that someone can put their heart into."

"You don't have to be a 'granola eater' or Buddhist to take Yoga," said Perez about the stereotypes that come along with practicing Yoga. "It's for everyone. It's more beneficial to those people who workout, lift weights and run. It helps them to be more flexible and allows their usual workout to be more effective.



Janene Hernandez, Yoga practitioner, stretches and prepares for the Yoga Class.

"Yoga is subtle. It's a practice that allows you to listen to those 'little voices' inside of you and know what your body wants and needs," Perez said.

A variety of Yoga classes are available at the IronWorks Gym.

For more information, please contact the IronWorks Gym at 253-6578.



Janene Hernandez and Silvana Hull, Yoga practitioners, stretch into a Cobra position. The Yoga classes are comprised of numerous stretches to perform.

IWAKUNI SPORTS SCENE

FAMILY APPRECIATION DAY

Saturday, 1-5 p.m. All games at the Bowling Center are half price. Call 253-4657 for more details.

YOUTH SOCCER

Sign-up from Monday to Aug. 23 at the IronWorks Gym front desk for \$30. Late registration from Aug. 24 to Sept. 3 will cost \$40. Call Jamie Buning at 253-3239 for more information. Coaches train Aug. 23-24, 5 p.m. in the IronWorks Wellness Room. Opening ceremonies are Sept. 11, 9 a.m. at Penny Lake Soccer Field.

TENNIS TOURNAMENT

Sign-up Tuesday and Wednesday at the IronWorks Gym. Coaches meet Tuesday, 10 a.m. in the Wellness Room. Tournament takes place July 24, 10 a.m. Open to the Station residents, family members, Japan

Maritime Self-Defense Force, master labor contractors and indirect hire agreement workers. Call 253-5777 for more details.

UNIT PAINTBALL COMPETITION

July 30, 1 p.m. at the MCCS Paintball Range. Military units sign-up before July 26. Only six teams, one per unit, consisting of eight players may compete. Participating units earn 20 points towards the President's Challenge. First and second place winners receive money for their unit party fund. For more information, call 253-6359.

WOMEN AND MEN'S THREE ON THREE BASKETBALL TOURNAMENT COACHES MEETING

Aug. 3, 10 a.m. in the IronWorks Gym Wellness Room. Call Keith Carr at 253-5777 for more information. The tournament is Aug. 7.

Fitness buffs spinout on cycles

STORY AND PHOTOS BY
LANCE CPL. RUBEN D. CALDERON
Combat Correspondent

Sweat begins to linger down the brows of the cyclists. Exhaustion is evident in the majority of the stationary riders.

"All right! That was just a warm-up," said the fitness instructor, five minutes into the class.

Her words, with the help of a microphone, flow through the room with the pulsating sounds of a fast-tempo song. Out of the speakers, inspiration emerges, not just from the 126 beats per minute techno song, but the commanding voice of Erica Coggins, the Indoor Cycling Class instructor.

There is only one tool the cyclists use: the cycle itself. With it comes along the most effective component—a dial that is used to force pressure on the spinning wheel.

With each turn of the dial, the pedaling becomes more and more difficult.

"It gets tiring real quick," said

Aldo Martinez, indoor cycling participant.

It is of no matter to Coggins, who spoke in a motivating tone to the 12-person class, "Come on! Work it out! Feel it! Don't slow down."

As the techno song's bass pulsated, the cyclists pedaled in unison with the pounding beats.

Sweat was now all around. The moisture in the faces of the cyclists proves an assured workout.

"I love it! I've been doing this workout for almost a year and it really is a good workout," said Debbie Edson, indoor cycling enthusiast.

"The class emulates the feeling of actually riding over real terrain," said Coggins. "The cycling class simulates climbing mountains, riding through rugged landscapes and cycling for long distances at a time."



Sweat drips down the faces of the cyclists at the Indoor Cycling Class at the IronWorks Gym.

"It's a physically demanding workout, which is good. I've done it before and I know I'll do it again," said Martinez.

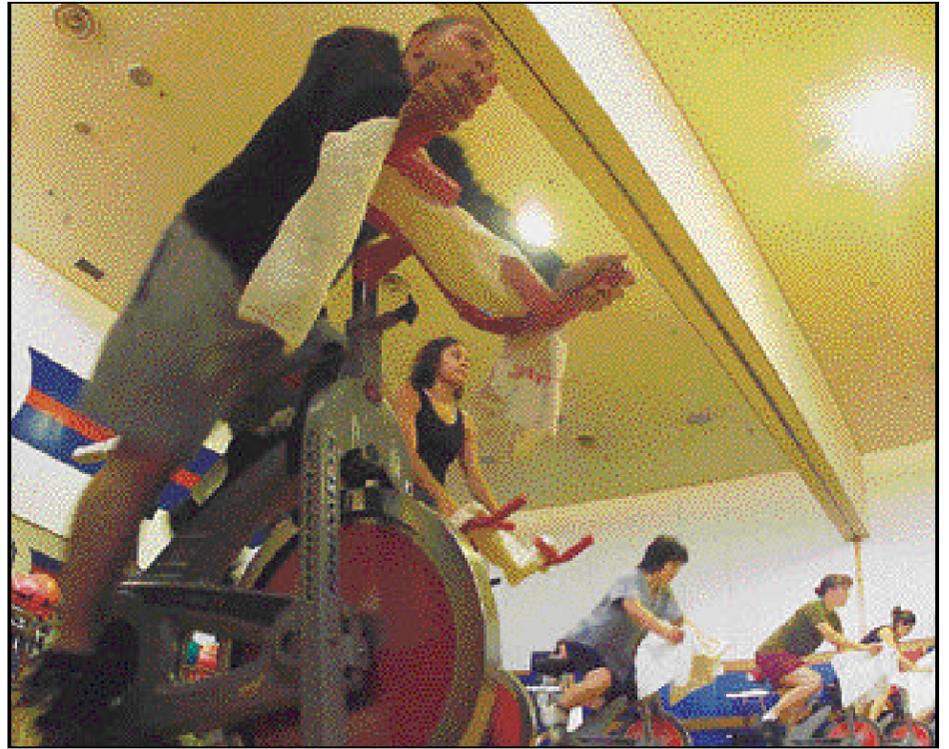
Indoor Cycling classes run every week, Tuesdays and Thursdays from 5-6 p.m. It is encouraged by Iron-

Works Gym personnel not to wear loose fitting clothes, but comfortable clothes for a "sweat-drenching experience."

For more information on the Indoor Cycling classes, contact the Iron-Works Gym at 253-6359.



Debbie Edson, indoor cyclist veteran, makes cycling part of her usual workout.



Aldo Martinez, avid indoor cyclist, keeps up with the pace as the Indoor Cycling Class spins out.



Pedaling furiously, Christina Boyd, Indoor Cycling Class leader, sets the rhythm and pace of the class.