# Teller

**DECEMBER 3, 2004** VOLUME 49 NUMBER 45 MARINE CORPS AIR STATION IWAKUNI, JAPAN

# Service members save on Space A travel

LANCE CR. LYDIA DAVEY Combat Correspondent

As the holiday season approaches, airports, bus stops and train stations will brace for the influx of seasonal travelers. Long-distance travel during the winter holidays may increase by as much as 54 percent, according to the United States Bureau of Transportation.

As the demand for transportation of all sorts increases, so does the value of tickets. However, military service members can sidestep steep ticket prices with the aid of a government perk - Space A travel.

For only \$25.70, persons eligible for Space A travel may fly to the United States on a government chartered commercial aircraft.

According to Kevin Walsh, Station air transportation division manager, Station residents recognize the value of the deal. Between 3,500 and 4,000 residents take advantage of Space A travel each year, he said.

"I've saved close to \$8,000 in travel expenses by flying Space A," said Cpl. Sean Gries, military policeman and six-time Space A veteran.

see SPACE Page 5

# Mass casualty drill puts Station to test

PFC LUKAS J. BLOM

Combat Correspondent

A mass casualty drill was held on the flight line here Nov. 24 to assess the emergency communication capabilities of the Station.

The exercise utilized the Provost Marshal's Mobile Command Post and tested the efficiency of emergency first responder's response to a multiple site aircraft mishap.

Marines from aircraft rescue and fire-fighting and the Provost Marshals Office, along with Sailors from the Branch Medical Clinic worked to coordinate and control

According to Chief Warrant Officer Cedric D. Gray, Headquarters and Headquarters Squadron aircraft rescue and firefighting officer in charge, the drill was designed to simulate an aircraft crash with multiple casualties

The goal was to rescue as many of the casualties as possible and arose from the crash such as fires or chemical spills.

"Basically we are simulating an aircraft crash to test how quickly and effectively our units can respond and work together," said Gray.

here Nov. 24.

All of this must be done in a very timely manner, said Gray. Participating units are required to reach the farthest point of



Aircraft rescue and fire-fighting Marines tend to a casualty during the mass casualty drill

Once on the scene Marines and Iwakuni firefighters moved with speed and intensity to lo-

render proper medical care, while isolating any problems that cate and treat the injured, said Lance Cpl. Joshua M. Atkinson, H&HS aircraft rescue and firefighter. There were 29 total simulated casualties requiring medical assistance. The real task

see Mass Page 4

the runway in 90 seconds or less

from when the call is made. All

the units met that specific goal.

erations Division surface divi-

sion patrolled the waters of the

Setonaikai Sea just outside the

sea wall for possible casualties

we had two boats out in the in-

ner harbor," said Petty Officer

2nd class Alejandro G. Paras,

H&HS boatswain's mate "One

boat was there to apply (Cardiop-

ulmonary Resuscitation) and

medical aid to the casualties

while the other was providing

from the boathouse covered the

harbor, the land units were busy

emergency on the runway crash

While Marines and Sailors

"As soon as we heard the call,

or parts of the aircraft.

Additionally, Air Harbor Op-

# **INSIDE**

# Dragons support Keen Sword

Combat Service Support Detachment 36 recently participated in Exercise Keen Sword 2005. Page 3

# Marines cultivate future friends

Marine Wing Support Squadron 171 visited Kono elementary school to share in Japanese festivities

### IWAKUNI WEATHER



Partly Cloudy



Rain High: 66



Rain High: 62

www.iwakuni.usmc.mil

# Residents gather for town hall meeting with new commanding officer

LANCE CR. LYDIA DAVEY Combat Correspondent

Station residents gathered at the Marine Memorial Chapel Nov. 23 for a town hall meeting

The quarterly get-together was the first hosted by Station Commanding Officer Col. Michael Dver.

Prior to formal presentations concerning the current state of affairs aboard the Station and future events affecting local residents, the commanding officer shared his philosophy regarding the local military community.

"My philosophy is one of ownership "said Dver "We must take ownership of the community. If something is wrong, we'll work to fix it, but we have to know where the problems are before we can move to address them."

The colonel stressed the importance of "effective communication and a decorating for the holidays healthy respect for one another," before

regarding medical and housing issues, entertain families and single Marines Marine Corps Community Service and and Sailors here. He also noted the avail-Defense Commissary Agency business, phone services, cable television service updates and the responsibilities and capabilities of the Station inspector.

Cmdr. Rachel Haltner, Branch Medical Clinic officer in charge, noted the imtions director, announced the beginning portance of care continuity, and ex- of the "Ask Me" program – a plan to plained what BMC was doing to ensure that service members and civilians were scheduled with the same primary caregiver whenever possible.

She also noted a change in clinic hours (the clinic is now open Friday afternoons) and provided information regarding the availability of flu shots.

A housing representative shared holiday safety information and regulations, and encouraged families and single service members to participate in

Dale Smith, MCCS director, pre-

opening the floor to formal presentations sented a calendar of events designed to ability of counselors for Station residents who may have difficulty spending the holidays away from family and close friends.

Tom Bell, MCCS business operafocus the attention on improving customer service and satisfaction.

The commissary manager noted the impact that weather has had on the availability of popular holiday foods. He added that unusual food items could be specially ordered through the commis-

A Kokusai Denshin Denwa International representative introduced the telephone company to the town hall meeting attendees, and compared the qual-

see Station Page 5



# Torii Teller

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

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# Having a productive life

Lt. CMDR. B RENT JOHNSON MAG-12 Group Chaplain

My credit card is going to melt this holiday season. When living overseas, it is so much easier to buy things from online stores, and then have UPS or FEDEX deliver them to the relatives back in the states. Not only that, but there is all that great stuff at You Me Town that I can pick up as gifts. Each brother in law will receive "Miffy Merry Christmas" CDs - all our favorite carols sung in Japanese. Yes, my credit card issuer will make some good money from me this winter.

I like buying gifts, but I also share the concerns of many people regarding the growing consumer culture that is taking over in our world and changing the meaning of the Christmas season. The phrase "God loves a happy giver," has become "God loves a happy shopper." Each year more and more Americans go deeper and deeper into credit card debt during the

holiday season, just to satisfy the perception that nothing is too expensive for our loved ones Many other people are just tired of being consumers, but wonder how they can stop the consuming habit

I don't think we can totally avoid being a consumer. There are certain things I need to buy. I'm not a farmer, so I need to buy groceries. I can't afford, or know how, to build my own house, so I need to see a Realtor Don't even ask me how a car is put together. I'll just buy a good one that runs. What I can do is avoid buying things I am able to produce.

That is how I beat the consumer mentality. I've become a producer for personal needs. The best vegetables I ate this past summer were the ones my seventh grade son talked me into planting in the back yard. The most fun I had getting ready for Christmas giving was the time I decided to make gifts for key members of my family, and bought gifts for everyone else on

my list (which I keep small and manageable.)

Paul, the writer of most of the books of the New Testament, had a high opinion of work and living as a producer. He supported himself as a tentmaker as he traveled around the Mediterranean world as an apostle. He also had a dim view of people who refused to work and contribute something to the local community. In 2 Thessalonians 3.10 he wrote, "For even when we were with you we gave you this rule, 'If a man will not work, he shall not eat.'

A healthy, spiritual life is a productive life. There will be things you have to consume because you do not have the ability to produce them yourself. but there are plenty of things you can do or make - and have fun while doing them, especially with other people – that will add quality to your life and home. Don't be a mindless consumer this holiday season. Find something

### Exercise Keen Sword 2005 The detachment, one of several U.S. units involved, joined Japanese Self-Defense Forces in joint, bilateral military exercises throughout Japan Nov. 10-19. "Our goal was to gain proficiency charge.

with the Noncombatant Evacuation Operation Tracking System, and increase our effectiveness at joint bilateral coordination," said Capt. Craig Petersen, CSSD-36 operations officer.

LANCE CR. LYDIA DAVEY

Combat Correspondent

In preparation for the permissive environment NEO exercise coordinated and executed by the detachment, one group of CSSD-36 Marines established an evacuation control center at Atsugi Naval Base, Japan, while others worked

with Japanese Self-Defense Forces at Tsuiki, Japan, and Marine Corps Air Station Iwakuni Metabaru, Japan, to based Combat Service Support Detachprepare an intermediment 36, along with other 3rd Force Serate staging base and vice Support Group Marines from a safe haven, said Okinawa, Japan, recently participated in Staff Sgt. Gavin Blackmer, CSSD-36 nuclear, biological and chemical defense staff noncommissioned officer in

> "I was impressed with the level of support that the Japanese forces provided

cise," said Blackmer. "We were able to oed Blackmer's sentiment. test our capabilities to deploy to an unfamiliar base, and things went incredibly smooth "



Dragons on cutting edge of Keen Sword '05

Role players board a Japanese helicopter staged at Tsuiki, Japan, Nov. 18, during Exercise Keen Sword.

and how well our Marines operated with ditionary Force NEO analyst and NEO them before, during and after the exer- Tracking System program manager, ech-

"This has been a great training exercise," she said. "The [U.S. forces] worked very well with the Japanese Air Darlene Robinson, III Marine Expe- Self-Defense and Japanese Maritime

Self-Defense Forces. They didn't run across any major glitches.

Because of its joint, bilateral nature, the NEO exercise garnered visits from distinguished guests such as the commander of U.S. Forces Japan, Lt. Gen. Thomas Waskow, and Gen. Hajime Massaki, chief of staff for Japan's Ground Self-Defense Forces

"Everyone was pleased with our performance from start to finish" said Petersen

Petersen credits his Marines for the success of the exercise.

"They were dealing with a restricted time line and a lot of moving parts and unfamiliar gear, but their per-

formance was outstanding," he said. According to Petersen, a high level of flexibility was demonstrated by the

see CSSD-36 Page 5

# Thank you from an 'old Marine'

Semper Fi Marines! It has been a long time since I have worn a Marine Corps uniform, but feelings of pride and honor still fill my lungs with each breath.

Being a Marine is not an easy task. There are times that one wishes that they could just quit and go home. There are other times when it seems that we simply aren't doing enough for the Marine Corps. At least that is how it was

Having been retired from the Marine Corps since 1993, the Marines have been put into harm's way more often than not. Each day, I pick up the local newspaper and see the list of soldiers and Marines who have died over the

get that next stripe so that they can provide for their families have fallen, and the sad part is that not many

There are PFCs and privates, some not old enough to experience all that life offers because of laws governing under age drinking. However, these same "few" have also laid down their lives for a country that only recognizes them in times of combat. Having been a Marine on active duty, and being in Desert Storm, I know how things are at home and in our hearts. I recall graduating from Boot Camp and flying home to Colorado. The lady sitting next to me saw me in my Marine Corps dress greens and told me that I

see MARINE Page 5

## GUNNERY SGT. ILEY A. PULLEN JR. previous days. Lance Corporals who are working hard to USMC(Ret.)

# CHATTERBOX-

"What is the least expensive gift you've ever given? Ever received?"



"House slippers." Received: "A cologne set."

Lance Cpl. Jermaine Reese Administrative Clerk Headquarters and Headquarters Squadron



Given and Received: "A poem."

AT3 Jonathan Forshey Avionics Technician Marine Aviation Logistics Squadron 12



Really cheap imitation iewelry." Received: "A pack of gumdrops from my grandkids."

Marine Lounge Manager

"When I was 10, I got a hot wheels car." Cpl. Aric Vasek

Given:

"A card."

Received:

Armory NCO' Marine Aircraft Group 12

# Marines and Japanese train together for Active Shield

STORY AND PHOTOS BY PFC LUKAS J. BLOM Combat Correspondent

The Station Security Reaction Team. alongside the Japanese Ground Self Defense Force, 46th Regiment Rangers, trained for four days Nov. 16-19 in preparation of this year's Active Shield joint combined exercise

"We're conducting a bilateral training exercise," said Andrew Samuels, Antiterrorism Force Protection officer. "We're required to do one annually, and to prepare for that exercise we're practicing together. The JGSDF are responsible for coming here and protecting our AOR (Area of Responsibility) during a contingency operation. However, with-

out practicing together for a contingency, we wouldn't combatants were placed in the scenario. Without hesipractice together, and be sure that we're ready for any aggressors under control. possible contingencies.'

The training began Nov. 16 with SRT participating in search and clear drills. Moving from room to room Huey helicopter. The Huey held the Rangers at apgressors. Their proficiency was also tested when non-



Marines with the Station Security Reaction Team prepare to blow through the door of a building where suspected aggressors were hiding.



A Ranger with the Japanese Ground Self Defense Force fast ropes out of a UH-1 Huey to complete the search and clear training on the ground.

be well prepared. The goal of this exercise was to tation, they evacuated the noncombatants and put the

While SRT was busy on the ground, the Rangers were in the sky focusing on fast roping from a UH-1 with speed and force, the Marines scanned for ag-

by one, joining the search and clear train-

"This type of workup training has been going on for months," said Capt. Christopher W. Bushek, Station Provost Marshal, "We are always training to keep up with the Active Shield program, which changes venues but goes on throughout the year"

The two units train together to support each other and learn their strengths and weaknesses so they can perform better as a team in the case of a contingency, said

The bilateral exercise was a great chance for SRT and the Rangers to get a chance to work with each other and hone their skills before Active Shield, said Samuels

# **News Briefs**

## CASSABLANCA COMES TO IWAKUNI

Matthew C. Perry High School will present a performance of Cassablanca today and Saturday, 7 p.m. at the M.C. Perry Elementary School gym.

## TOYS FOR TOTS TOURNAMENT

The Iwakuni Inter-Service Bowling Association is hosting a bowling tournament, Saturday at 1 p.m. The price for participation is an unwrapped toy. Prizes will be awarded for age division and overall winners. Door prizes will also be awarded.

# PARENTS NIGHT OUT

Studio 2B Girl Scouts will be offering a baby sitting service, today, in the Building 657 community room, from 6-10 p.m. The money raised for November and December will help to finance a trip to the West Pacific Girl Scouts Winter Conference in Tokyo. The girls will be providing this service on the first and third Friday of each month. The fee is \$3 per hour per child. For reservations, call 253-2485 or 253-2276.

# SQUADRON CHRISTMAS PARTY

Headquarters and Headquarters Squadron will host a Christmas party for all squadron personnel and guests Dec. 10 from 4-9:30 p.m at Hangar 291B near the disbursing office. Participants need to have their identification cards in order to enter the flight line. Dinner will be served at 5 p.m. Santa Claus will make an appearance to meet kids and give away door prizes.

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# New program offers females 'Choices'

# Senior mentorship available for junior service members

LANCE CR. LYDIA DAVEY Combat Correspondent

Forty-three female Marines and Sailors gathered at the Marine Memorial Chapel Nov. 24 for an introduction to a new program called Choices.

Choices is a program devised to support young women Marines and Sailors by providing a positive environment through professional and personal mentoring and training, said Navy Lt. Carla Barry, Station Protestant

"The program is geared to accommodate the unique issues that face female service members," said Master Sgt.

Diane Rowe, Station Equal Employment Opportunity advisor. "Our hope is that women who have experienced a great deal within the Marine Corps can provide sound advice to younger Marines and

"Our target audience is service members ranked E-1 through E-5, but all are welcome," said Rowe.

According to Rowe, major goals include character building, and providing life and career counsel-



Forty-three female Marines and Sailors assembled Nov. 23 at the Marine Memorial Chapel for the first Choices program meeting.

The program will accomplish its goals through the availability of 24-hour mentoring and through monthly meetings where guest speakers with expertise on topics such as finances, health, and drug and alcohol issues will be hosted

The program is off to a good start, said Barry. "There has been a positive response to the

introduction of Choices," she said. "We've received a tremendous amount of support from commands

Many females in attendance were encouraged by their commands to participate.

PFC Jessica Clark, Marine Wing Support Squadron 171 supply clerk. was informed of the Choices meeting by her EEO representative. She was pleasantly surprised at the focus of the program.

"In an environment that's mostly male, it's nice to be able to develop more female friendships, and to have the opportunity to draw on the experiences and views of good role models "said Clark

Clark plans to continue participat ing in the program while she is stationed here, and said she is looking forward to the camaraderie and direction the program will

"We're excited at the response the program has received, but we're looking for more people to attend, and we're always looking for more mentors," said Barry.

The next Choices meeting will be held Dec. 15. 11:45 a.m. to 12:30 p.m., at the Marine Memorial Chapel. Lunch will be provided free of cost.

For more information about the Choices program, contact Rowe at 253-4186 or the Station chapel at

# Marines give thanks for new friends

PFC LUKAS BLOM Combat Correspondent

Marines from Marine Wing Support Squadron 171 traveled seven miles west of the Station to Kono Elementary School Nov. 21 to share in Japanese festivities and introduce Thanksgiving customs to Japanese children

The sunny day's activities began with Kono students putting on a kagura play. The play consisted of traditional Japanese music, costumes

"The kagura tells the story of young people serving in the temple," said Lt. Timothy D. Gault, MWSS-171 chaplain. "They are confronted by beasts, yet continue to serve in the temple successfully.'

Following the play, Kono community leaders invited the Marines to make rice balls, practice weaving and play soccer. For their part, the Marines ex-

of the Thanksgiving holiday dating back to the birth of the United States

"This goes both ways," said Gault "Not only were the children able to interact with English speakers and see a piece of American culture, but we were able to see a piece of Japanese culture that most don't get a chance to see "

Afterwards, a turkey, prepared by the Southside Chow Hall, was presented.

Lt. Col. Yori R. Escalante, MWSS-171 commanding officer, and Hiroshi

PFC Melchor M. Arce, Marine Wing Support Squadron 171 electrician, mashes rice in a stone bowl during the festivities at Kono Elementary School Nov 21.

Nakagawa, Otake city mayor, carved the turkey.

scope of their respective military occupational specialties.

"Events like this open up the

detachment as mechanics and supply clerks successfully performed missions outside the

In addition to the NEO training, the exercise included dissimilar aircraft training, base

Exercise Keen Sword 2005 is the eighth joint, bilateral field training exercise since 1986.

"That flexibility and the ability to adapt is what makes us Marines" he said

"We're building friends for the future" said Gault

Japanese culture and

community to us, as ambas-

sadors from the U.S.," said

Escalante. "We get to see

first hand how the Japanese

community works. It helps

us to live better in our host

Many of the Marines'

families also attended the

"It was great to see

communication gap and just

think about their differences,

just the common objective of

The activities that went on

having fun together." said

Escalante. "They didn't

scoring a soccer goal."

throughout the day were

geared towards all ages and

children bridging the

nation if we understand

## STATION from Page 1

SPACE from Page 1

ity of KDDI customer support, the convenience of billing and the price of international phone calls to the prices and support of other phone companies.

He challenged Station residents to find a cheaper phone card than that offered by KDDI, and ended his able for purchase here. presentation by giving away several 20-minute phone

cards, and sweatshirts.

Open forum questions included a request for the publication of the specific allocation of funds provided to the community from the Combined Federal Campaign, as well as a date for the reopening of the seawall and the date Christmas trees would become avail-

According to the Station facilities manager, the couraged them to continue communicating.

Japanese government is scheduled to complete a survey of the damaged seawall next year, and, following that survey and repairs, the seawall will be reopened.

According to the commanding officer, Christmas trees will be available Dec. 1.

Before calling the evening to a close, Dver thanked community members for attending the event, and en-

# High school teacher brings drama to classroom

LANCE CIL. LYDIA DAVEY Combat Correspondent

Undying, desperate love, drunken fights, heroically selfless actions and old-fashion mob tactics have found a home at Matthew C. Perry High School with the help of the school's new drama teacher, Joe Silbaugh.

"My goal is to keep the kids interested in and excited about drama and to really involve the community with our productions," said Silbaugh.

The drama teacher, who carries nearly a decade of teaching experience with him, possesses a zeal that is catching

"I like him," said Samantha Keating, a 9th grader, of Silbaugh. Keating plays the part of a freedom fighter in the school's first full-length production of the year, Casablanca. "He's very enthusiastic about the whole thing - very into it."

Silbaugh taught high school drama in Washington State for nine years before accepting an offer to work overseas for a Department of Defense school

experience and a love for doing productions," said Alice Berard M.C. Perry High School principle. "He's going to be able to get the students excited about drama. His energy is contagious."

"He has a lot of

In addition to teaching drama and preparing his students for speech competitions, Silbaugh said he has plans for regular high school productions throughout the year.

"I'm running a program comparable to that of any public school in



Sean Howard, 17, and Adriano Cabral, 16, share ideas during a practice for Casablanca, the first fulllength production hosted by the school this year.

the United States," said Silbaugh. According to 11th-grader Adriano Cabral, the teacher's ambition is just what the school needs.

"I'm excited at the chance to broaden my talents." Said Cabral, who landed the leading male role for the current production.

Cabral's enthusiasm is standard issue among the cast, said Silbaugh.

"They're all very excited. There is some inexperience but the willingness to learn is here," he noted. Silbaugh stresses the importance of drama and stage performance in the students' lives.

"Just getting up in front of people is a big step - this is how they'll learn to be confident public speakers." he said. "I've taken one

speech class, but I'm comfortable with public speaking because of drama." Casablanca will run today and

Saturday at 7 p.m. at the M.C. Perry Elementary School gym.

# Mass from Page 1

"Overall we did very well," said Gray. "Everyone knew what they were doing and where to be. I'm satisfied with what happened.'

quickly, and everyone knew what they were doing. is to meet requirements necessary to host the an-If something like this actually did happen, this is a nual Friendship Day air show. good way to prepare for it and make sure we can all work together effectively."

A mass casualty drill is required annually by De- ing to Gray. "Very well done," said Atkinson. "It was done partment of Defense order, said Gray. The purpose

Marines, Sailors and firefighters train throughout the year for emergency contingencies, accord-

### CSSD-36 from Page 3

However according to Gries first-time travelers may find the task of preparing for such a trip somewhat daunting.

"There's a lot of information to take in, and a lot to prepare for, but it's definitely worth it." Gries said. Help is readily available to potential passengers, he added.

"The first time I came in, a passenger service agent walked me through everything," noted Gries.

A Marine interested in Space A travel should begin researching his destination and route of choice well in advance, advises Master Sgt, Lawrence Ouirindongo, Station terminal manager.

"I would recommend that a Marine begin filling out the necessary paperwork about a month in advance," said Quirindongo.

Once a Marine has decided upon a travel destination, he should develop an alternate plan for transportation. Although Space A is typically a reliable means of travel, it is not guaranteed, said Kevin Walsh, air transportation division manager.

"Sometimes people get bumped off of a flight, it happens," said Quirindongo.

Because of that possibility, he recommends that Marines take extra leave as a precaution.

"However, we only have three or four stateside-bound flights a year that can't accommodate all of the Space A travelers that show up," said Walsh.

The most difficult times are when Marines attempt to secure Space A travel to popular locations such as the United States, Okinawa, Japan, and Osan, Korea, during the summer months and

Yet, when weighed against the cost of travel today, "The risks are definitely worth the rewards," said Gries.

Marines who are interested in traveling Space A may call the terminal at 253-5509 and speak with a passenger service represen-

# security and force protection, search and rescue, close air support and tactical air drops by

MARINE from Page 2

was a "baby-killer" without knowing a thing about me, other than the fact that I was wearing a uniform. Those were the days of Vietnam

In the days to come, things may only get worse, no one really knows.

The country that now calls you a "hero," calls you everything else in the book when you are at home and there is no skirmish going on somewhere in the world. However, know that there are us old Marines, especially us old gunnys, who care very much, without ever having seen your face, about how you are doing.

As the holidays come upon us, many people will forget that you are away from home and possibly in combat, and may even lose your life in a country that despises that you are there and for a country that doesn't think much of you until it is someone in their own family. But those same Old Marines who have been in skirmishes throughout time, wearing the same boots that you now fill, will want to know that you were properly fed and equipped to do your job, and that you are getting plenty of rest.

While I cannot speak for the whole nation, I will speak on behalf of all the retired Marines wherever they are in the world and thank you for the great job that you are doing. You may not be "Old Corps" but you are doing the job better than we could have and with fewer brothers-in-arms than we did; more importantly you are the Marine Corps.

Thank you for the great job you are doing each and every day. Thank you for your sacrifices and for tolerating the civilian population that simply can't know what it is like to be in the military, much less the Marine Corps. Us old Marines want to thank you for upholding Marine Corps honor and traditions. Keep up the fantastic job that you are doing. SEMPER FI!!!

# West meets East at Maple Festival

STORY AND PHOTOS BY
CR. DAVID REVERE
Combat Correspondent

Visitors to this year's Iwakuni Maple Festival enjoyed a charming surprise, Nov. 20, as seven young ladies from the Station Teen Center donned kimonos and served tea throughout the day.

"Kawaii!" guests exclaimed as the girls bowed and looked adorable. The Japanese word means "cute."

The Maple Festival included Japanese dancing, a koto (traditional Japanese guitar) concert and bamboo crafts. Organizers of the concert invited the girls as a unique highlight for this year.

"They thought the girls would make it nicer," said Taeko Yokoyama, youth culture adaptation specialist. "It also gives a good opportunity to know more about each other. I think it breaks stereotypes and opens people up to understand other cultures. We can break our fixed thoughts through common activities like this."

According to Yokoyama, the festival is held every year as a way for foreigners to experience local culture and enjoy the time of year.

"The Maple Festival celebrates the season of fall," she said. "It demonstrates the beauty of the area and of Japanese culture."

Eiko Kaya, vice president of Iwakuni's international cultural exchange program, invited the girls to participate.

"Having the girls here is very appealing to the Japanese people," Kaya said. "Iwakuni is such an international city. Something like this gives the people an opportunity to experience those unique aspects."

According to 10-year-old Halley Wingard, not all those aspects were enjoyable.

"The kimono was tight and it hurt sometimes," she said. "But I had a good time."

If given the opportunity, Wingard said she would do it again.

All the girls enjoyed celebrity status for a day as festival guests took their picture and remarked on their radiant presence.

"The people looked happy to see them," said Yokoyama. "Blue eyes in a kimono? It was very cute."

According to Yokoyama, a variety of Japanese activities are in store for interested Station youth, including an overnight culture exchange at the Oshima Youth House, Dec. 11 and 12.

For information on upcoming youth cultural programs, call Yokoyama at 253-5900.



Youth from the Station Teen Center joined local girls to serve tea at the Iwakuni Maple Festival, Nov. 20. Pictured from left to right, top to bottom are: Akumi Sato, Haley Wingard, Darla Solomon, Shakelsey Thomas, Nagako Yamamoto, Yoko Tanaka, Yeishka Montalvo, Natalie Reaves, Adrianne Causey and Lorena Cordenas.



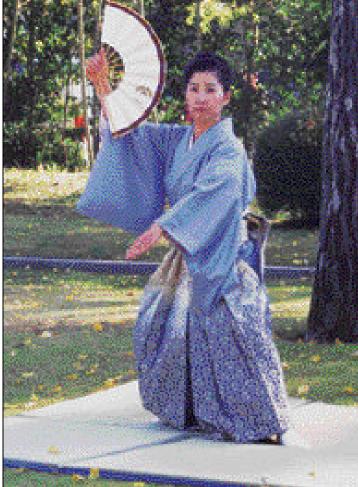
A koto concert was one of the highlights of the Iwakuni Maple Festival, Nov. 20. A koto is a traditional Japanese guitar.



Adrianne Causey, 10, serves tea to a guest during the festival.



A maple tree flushes red in the height of the fall season. The lwakuni Maple Festival was an opportunity to celebrate the season, and introduce foreigners to Japanese culture through music, dance and a traditional tea ceremony.



A traditional Japanese dance is performed to celebrate the beauty of fall.

Combat Correspondent

Over the years, Native Americans have woven their rich culture and history throughout the United States military. They stand proudly for the core values Marines represent.

The Equal Employment Opportunity Counsel sponsored a lunch buffet, Nov. 18, celebrating the history and culture of the American Indians and Alaska Natives at the Club Iwakuni Ballroom

Native Americans have contributed skills and courage that have saved both American lives and military engagements

The Navajo code talkers took part in assaults the U.S. Marines executed in the Pacific from 1942 to 1945. They served in Marine divisions transmitting messages by telephone and radio through a secret code - their native language

Lance Cpl. Candice V. Sutton, embarker, Headquarters and Headquarters Squadron, whose ancestry

includes Navajo. Cheyenne, Arapaho, Pawnee and Crow Native Americans, spoke in that code as the guest speaker at the luncheon. She also told traditional stories about her beliefs

"I think that getting exposed to different cultures and beliefs when vou are voung will make you into a more well-rounded adult," said Sutton "You become less ignorant'

"She was very strong with her words," said Karol M. Moore, a fifth grade student who attended the event as an introduction to her next unit, Native American History. "She had a great story.'

The event honored not only American Indians and Alaska Natives.



for everyone who attended the event to see

but also encouraged interaction between them and all military members. "Hosting such

events actually educates people in cultures or subjects that they have never heard of," said Sutton "It is important because there is so much

information about our people, our history and our heritage



The 5th grade class from Matthew C. Perry elementary school listens carefully at the event which introduced their next unit: Native American History.

Lance Cpl. Candice V. Sutton, Headquarters and Headquarters Squadron, embarker, tells a story about her traditions and beliefs during the Native American Heritage luncheon, Nov. 18.

> "The event recognized the Native Americans and Alaskan Natives and their contributions as

> > members of the military to the nation," said Gary V. Gilmour, deputy Equal Employment Opportunity director. "Our armed forces are comprised of people from many different ethnic groups. It is important that we take time to recognize the people from those groups and their contributions to the United States."



Lance Cpl. Candice V. Sutton, embarker, H&HS, spoke in her native language for guests at the luncheon.

# OUT THE GATE cancelled in case of rain. Call 0834-31-3000 for more information.

speak English may answer the Open After Hours phone numbers provided.

### Shunan Winter Tree Festival

A festival will be held on the main Tokuyama JR station now through 40.000 colored lights decorate 55 trees. Events, such as band dance performances, are scheduled to be Fine Arts Display held Saturday, Dec. 11 and 18, 6:30-

# Note: Japanese who do not Hiroshima Botanical Garden

The garden is open until 9 p.m. Dec. 11 and 18. The gate is closed at 8:30 for entrance. A giant Christmas tree of candles will be displayed. street. Miyuki Dori, in front of the Santa Claus and reindeer will make an appearance inside a greenhouse. Dec. 28,5:30-10 p.m. Approximately For further information, call 082-922-

Fine arts by handicapped adults 10:30 p.m. The festival will not be and children will be displayed at the 41-1010.

exhibition room in the Iwakuni City Auditorium Saturday and Sunday, 9 a.m. to 5 p.m. Arts include paintings, calligraphy, crafts, photography and more. Admission is free. Call 29-2522 for more details.

# Kikkawa Museum Artifact Dis-

There is a display of approximately 40 headpieces fragments, swords and fine arts at Kikkawa Museum near the Kintai Bridge now through Dec. 23, 9 a.m. to 5 p.m. The museum is closed Wednesdays. For further information, call

# TORII TELLER CLASSIFIED ADS

accepts ads/announcements from nonprofit organizations Teller reserves the right to edit to fit space. Stop by and groups only. Briefs run on space-available and time-Building 1, Room 216 to fill out a form.

To submit your ads or announcements: *ToriiTeller* priority basis. Deadline for briefs is noon Thursday. *Torii* 

TORII TELLER, DECEMBER 3, 2004

CLASSIFIED

Honda Vigor, 1994, sedan, 4 door, nicely kept, wellmaintained, power everything, cold A/C, JCI until July 2005, \$2,200 obo. Call Mike at 253-7080.

Mitsubishi Chanet 1991 7 passenger, good family Call Silvana Shull at 253vehicle, automatic, runs well, JCI until July 2005, \$1,500 obo. Call Tara Dale at 253-2613

Toyota MR2, 1991, 2 door, JCI until May 2006, \$2,500. Call Christian Dale at 253-5578 dwh or 253-2613 awh

Toyota Carib Sprinter,

253-3404 dwh or 253-2275

Misc. love seat sofa blue, great condition, \$60. 2169 dwh or 080-3401-

Misc. 6 free cats to a good home, very friendly and sweet Call Pat at 253-5647 dwh

Misc., "Huge Yard/Moving Sale", provided by 7 families, Dec. 12, 9 a.m. to 2 p.m. in the community

Movie Schedule

11 a.m./5 p.m. Back To The Future 3 (PG)

2 a.m. The Longest Yard (R)

SATURDAY

SUNDAY

MONDAY

11 a.m./5 p.m. Breakin' All The Rules (PG)

11 p.m./5 a.m. The Matrix Revolutions (R)

TUESDAY

WEDNESDAY

THURSDAY

11 a.m./5 p.m. Jingle All The Way (PG)

2 a.m. Wrong Turn (R)

2 a.m. Under Siege 2 (R)

11 a.m./5 p.m. Connie And Carla (PG)

2 a.m. Blade 2(R)

2 p.m./8 p.m. Time line (PG-13)

11 a.m./5 p.m. I Am Sam (PG-13)

2 p.m./8 p.m. Dodgeball (PG-13)

11 p.m./5 a.m. Cape Fear (R) 2 a.m. The Last Stop (R)

11 p.m./5 a.m. Soul Plane (R)

2 p.m./8 p.m. Elf (PG) 11 p.m./5 a.m. Darkman(R)

Azkaban (PG)

2 p.m./8 p.m. Stuck On You (PG-13)

2 a.m. Rob Roy (R)

2 p.m./8 p.m. Harry Potter: Prisoner

2 p.m./8 p.m. Ocean's Eleven (PG-13)

11 p.m./5 a.m. Butterfly Effect (R)

11 a.m./5 p.m. Seabiscuit(PG-13)

2 a.m. BAT 21 (R)

11 p.m./5 a.m. Twisted (R)

11 a.m./5 p.m. Shrek 2 (PG)

11 p.m./5 a.m. DeadPool(R)

2 p.m./8 p.m. VanHelsing(PG-13)

player, JCI until Aug. 2005, household goods, elec-new in the box, \$900. Call \$1,900 obo. Call Jeff at tronics, craft and stamping supplies, camping dwh or 090-5266-2270. gear, and name brand clothing and shoes.

# Leroy at 253-5509 dwh or 090-6438-0685

Misc., dinette table still in box, \$120 obo. Call GySgt. Dtrinidad at 253-5392 dwh or 253-2860 awh

Misc., Yamaha upright piano, \$3,200 obo. Call Dave at 253-3428 dwh or 21-7957 awh

Misc., Musical Fidelity 1994, 5 door, automatic, room, Building 658, Yuri A3.2 CR Pream Plifier, new power everything, very Tower. Items for sale in- in the box, \$1,225; Pi clean, good A/C & heat, clude assorted pieces of Tower speakers, \$250; GT Commissary:

AM/FM radio, cassette furniture, home decor, i-drive 3.0 mountain bike, Mark Parsons at 253-5487

### JOB OPENINGS

### Chaplains Office (253-Misc., kerosene heater with gas can \$25 obo Call 6460)

-Non-Denominational Music Director

# CHRO (253-6828) -Supervisory Education

Services Specialist Facilities:

-Interdisciplinary Engi--Architect

-Electronic Technician Clinic: -Occupational Health

\_Teller

-Sales Store Checker (Student Temporary Employment Program)

civilian only

only

sistant, Vending

-Auto Hobby Shop Su-

# MCCS (253-3030) (The following jobs are

Loss And Prevention: open at MCCS Personnel) -Security Guard (Loss MCCS Job Listing: And Prevention Agent) -Administrative Support Retail Branch:

Assistant, Executive -Laborer Administration Office -Sales Clerk

-Store Worker -Merchandise Manager. Merchandising, civilian -Food Service Worker (Auto Mini Mart)

### -Store Worker, Main Food & Hospitality: -ID Checker

Complex, civilian only -Wood Hobby/Crafts -Waiter/Waitress Supervisor, Wood -Food Service Worker

Hobby/Arts & Crafts Services Branch: -Car Rental/Service Sta

PAGE9

-Club Operations Assis-

tant, Club Iwakuni, civil-

-Food Court Operations

Assistant, Food Court

Continuously Open Jobs

ian only

tion Attendant

-Inventory Control As--Car/Washer/Laborer

-Recreation Attendant pervisor, Auto Hobby Library Branch:

–Library Aid -Retail Operations Assis- Library Technician Child Development Cen-

tant, Service Station, civilian only ter/School Age Care -Food Service Worker. Branch: School Cafeteria, civilian Operations Assistant

Go to www mccsiwakuni -Program Assistant, Child com for a complete job Development Center

# SAKURA THEATER



### Taxi

S-6:

This is the story of a single mother and pizza deliverer, Belle, who decides to use ner record for making the speedy deliveries to another use, becoming a cabbie. As she quickly becomes famous for racing through the city at speeds upwards of 135 mph, a young eager cop who lacks Belle's driving abilities convinces her to help him catch a gang of beautiful female bank robbers using er amazing driving abilities. (100 minutes)

# 701 2000 ennelleren.

# THE FORGOTTEN

When Telly Paretta, loses her 8-year-old son, she seeks the help of a psychiatrist to cope with the pain of her grief, only to be told that her son is merely a figment of her imagination, with her mind making up eight years of false memories. When she meets a father who has had another similar experience with his own disappearing daughter recently, the two team up to try to find the answers behind the mystery. (91 minutes)

# NATIONAL TREASURE

Benjamin Franklin Gates has been searching for a treasure no one believed existed Hidden by our Founding Fathers, they left clues to the treasure's location right before our eyes. Gates must elude the FBI, stay one step ahead of his ruthless adversary, decipher the remaining clues and unlock the 2000 year-old mystery behind our greatest national treasure, (145 minutes)

# FRIDAY

7 p.m. Taxi(PG-13) 10p.m. Friday Night Lights (PG-13)

### SATURDAY

1 p.m. PolarExpress(G) 4p.m. The Sponge Bob Square PantsMovie(PG) 7 p.m. Taxi(PG-13) 10 p.m. The Forgotten (PG-13)

# SUNDAY

4p.m. The Sponge Bob Square PantsMovie(PG) 7 p.m. National Treasure (PG)

### MONDAY

7 p.m. Raise Your Voice (PG)

# TUESDAY

7 p.m. The Forgotten (PG-13)

# WEDNESDAY

7 p.m. Mr. 3000 (PG-13)

# THURSDAY

7 p.m. FirstDaughter(PG)

# COMMUNITY BRIEFS

# **EDUCATION**

Test Schedule Tuesdays/Fridays - CLEP

DSST

Wednesday - DLAB Thursday - DLPT December 15 -ASVAB December 16 - EDPT

December 22 -SAT December 23 - ACT

For more information call

# **H**EALTHCARE

Stress Management for the Holidays

Dec. 21, 11:45 a.m. to 12:45 p.m. Call 253-4526 for more informa-

# **CHRO**

**CHRO Training** 

Saturday

Sunday

**Protestant** 

■ Family Member Local Employment Orientation: Transition Assistance Pro-

Roman Catholic

4:30 p.m.

5:30 p.m.

11 a.m.

**Church of Christ** 

Wednesday 7 p.m.

2nd & 4th Saturdays

**Jewish** 

**Day Saints** 

Friday

Sunday

Seventh-Day Adventist

**Cooperative Chapel Ministries** 

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

LAY LED SERVICES

10:30a.m. Worship Service

6:30 p.m. Shabbat

The Church of Jesus Christ of Latter

2 p.m.

3 p.m.

Bible Study

9:30 a.m. Sabbath School/Worship

Priesthood/RS Meeting

Sunday School

Sacrament

For information regarding divine services, religious

education or any other Command Religious Program/

Chapel activity, call the Station Chapel at 253-5218.

9:30 a.m. Mass

10:45 a.m. CCD

Wednesday, 8-9 a.m.

■ RESUMIX: Wednesday, 9:30-10:30 a.m.

 Outbound Family Member **Priority Placement Program:** Wednesday, 11 a.m. to 12 p.m.

■ New Employee Orientation Dec. 15, 8 a.m. to 4:30 p.m. For more information and nomination, call 253-6828 or send e-mail

shiomuram.jp@iwakuni.usmc. mil. Classes will be held at CHRO training room, Building one, Room 102

# MCCS

CRMC Classes (253-6439)

■ Hello U.S.A.: Every Wednesday, 11:30 a.m. to 1 p.m. This workshop is designed to assist foreign born spouses who are making a transition to American culture and military

lifestyle.

Non-Denominational Christian

Worship Service

Adult Bible Fellowships

Gospel Worship Service

Sunday School/

CHAPEL SERVICES

Mass

# 10, 8 a.m. to 4:30 p.m. ■ Ten Steps To Federal Em-

ployment: Tuesday, 9-11 a.m. Learn effective writing and formatting tips for federal job ap-

gram: Monday through Dec.

# Club Iwakuni

■ Comedy Hypnotist: Starring Chuck Milligan. Tuesday. Doors open at 8 p.m. Show starts at 9 p.m.

# MCX (253-5641)

■ Little Reindeer Sale: Saturday and Sunday. Kids and teens, shop at the Little Reindeer Sale to find a variety of gifts less than \$20 for everyone on your list.

■ Holiday Values Sale: Thursday through Dec. 19. Stop by for great savings on your favorite brands.

■ Family Night: Dec. 10. Finish your holiday shopping. MCX hot specials will be featured every hour, 7-11 p.m.

## MCFTB (253-3754)

■ Single & Active Duty Parent Support Group Meeting: Wednesday, 12-1 p.m.

Single Marine Program (253-

■ SMP Committee Meeting: Tuesday, 10 a.m. All squadron representatives should attend.

transportation fee at sign-up. Bring at least ¥3,000 in addition for the ferry ride and lunch.

■ Alpark Mall And Toys R Us Shopping Trip: Dec. 12, 12 p.m. Pay \$10 transportation fee at

School Age Center (253-4769)

■ Power Hour Party: Today, 4-5 p.m. Come party with us and discuss vour successes.

■ School Age Care Day Camp: Dec. 20-23 and 27-30. Reservations are being taken for the upcoming winter school break. Let the center know one week in advance if your child will be attending. The center is closed Dec. 24-31.

Youth & Teen Center (253-6454)

■ Teen Keystone Meeting: Every Friday, 5-7 p.m. Interested teenagers are invited to join a committee to plan events for the Teen Program.

■ SMART Girls Meeting: 10 to 12-year-old girls meet Sunday, 3-5 p.m. Teenage girls meet Dec. 19, 3-5 p.m. Come on over for free food and fun.

■ Youth & Teen Fine Art Exhibit: Wednesday through Dec. 12. Come to Club Iwakuni Ballroom A to view works of art by the Station youth and teens.

Surviving The Holidays Financially

If you are still paying off credit card bills from last season, learn how you can stretch your dol-■ Miyajima Sight-seeing | lars and enjoy this year's yule- | 253-5328 for more information.

Trip: Dec. 11, 10 a.m. Pay \$10 | tide season without going further into debt. Call 253-6250 to

> Drug, Alcohol & Holiday Stress Awareness Mini Health

> Dec 14 11 am to 1 nm at Crossroads Mall. Call 253-6359 for details.

# COMMUNITY

Christmas Play

There will be a soccer team musical for the whole family to enjoy Dec. 12, 6 p.m. at the Memorial Chapel. Call Carol Nash at 253-6470 for further informa-

### 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.

### 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

# Semper Fit Director Honored



Marine Corps Community Services Chief of Semper Fit. Robert E. Johnston, was awarded the Meritorious Civilian Service Medal this year for his continuous and effective efforts to improve the Semper Fit division. For the past two and a half years, Johnson, a retired Marine, has directed the second largest division of MCCS. Johnson oversees 125 employees in the Semper Fit division. "[Johnson's] foresight and tireless efforts transformed all facilities under his cognizance to some of the best available Marine Corps wide," said MCCS Director Dale

TORII TELLER, DECEMBER 3, 2004 PAGE11

# Iwakuni sweeps Turkey Bowl

### STORY AND PHOTOS BY LANCE CH. CRISTIN K. BARTTER

Combat Correspondent

Cleats dig into the fresh, wet grass. A brisk wind blankets the field.

Screaming plays, pulses heightened through each accomplished yard. Bodies moving quickly against the clock. Rain mixed with sweat dripping

Couldn't be a better day for the annual Turkey

Four flag football teams; Iwakuni 171, Dem Boyz All Stars, Sasebo and Yakota, comprised of service members from different parts of Japan, competed in the Thanksgiving tournament, Nov. 19.

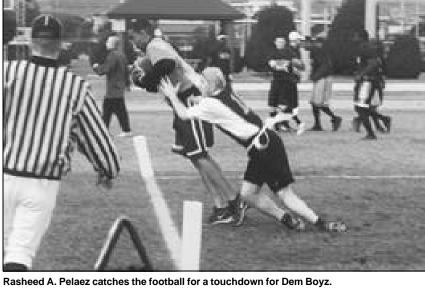
"The Turkey Bowl is an event that tries to bring some of the local bases together for some friendly competition," said Keith G. Carr, sports specialist at the Ironworks Gym.

The tournament consisted of four games, 40

"The first game against Yokota got off to a quick start, which surprised me," said Freddie Jones. coach of Dem Boyz. "Once we calmed down and started playing our style of football, I had confidence that we were going to be alright. The championship game was ours to win and we knew



Ryan A. Thomas punts the ball with enough force to make it to the other side of the field



Dem Boyz pulverized Yakota the first game, 30-6. "We got off to a rocky start and were unable to

focus on our initial game plan,' said Coach Aubrey Williams of team Yakota. "Team Dem Boyz played well, but I believe we could beat them if we played them again.'

Team Iwakuni put up a fight but was toppled by Sasebo during the second game, 25-20.

"Our team was sort of shocked when Sasebo scored with only seconds remaining." said Richard Lowenstein, coach of Iwakuni 171. "We were just unable to shack off the loss and move forward "

The next game, Yakota and Iwakuni 171 battled for third place. Yakota stomped Iwakuni, 28-14, taking third, leaving Iwakuni 171 in fourth.

"All in all, we enjoyed the games and will definitely play better next year," said Lowenstein.

Dem Boyz slaughtered team Sasebo, 35-6, in the championship game and took the victory for the Turkey Bowl.

"We just need to make sure that we always defend our home, Iwakuni," said Timothy B. Walker

"I think we played well, even with several of our starters gone on deployment," said Mark Haley, Sasebo coach. "We came down here to have fun and to showcase some of our talent. We accomplished our goal."

For some players, there is nothing better than tough competition to build everlasting camaraderie between the armed forces.

"We love competing with other service members," said Lee A. Woodbridge of Dem Boyz.

# IWAKUNI SPORTS SCENE

## UNIT AQUATIC PT

Units may reserve space in the pool for group PT during normal water basketball or water polo. Reservations may be made at the Aquatics Office with 48 hours advance notice. Reservations are made on a first-come-first-served basis. Call 253-4966 for more information.

### FAMILY APPRECIATION BOWLING DAYS

Saturday and Dec. 18, 1-5 p.m. All games are half price at the Bowling Center. For further details, call 253-4657.

# 1ST DODGEBALL TOURNAMENT

Coaches meet Tuesday, 9:30 a.m. in the IronWorks Gym Wellness Room. The tournament takes place Dec. 11, 9 a.m. on the Sports Courts. Call 253-5777 for details.

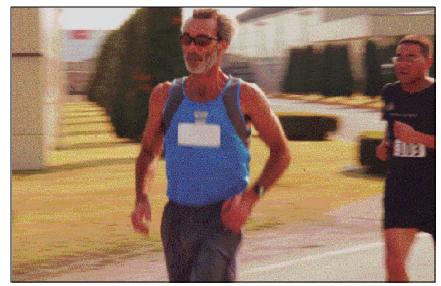
## TORII PINES DECEMBER HOURS OF OPERATION

Effective Monday, the golf course is open Monday through Friday, 8 operating hours, Monday through Friday. They may swim laps or play a.m. to 5 p.m. and Saturday, Sunday and holidays from 7:30 a.m. to 5 p.m. The driving range is open daily 5:30-11 p.m. Call 253-3402 for

The season begins Monday. Call Athletics at 253-5777 for details. Individuals must be at least 16-years-old to play.

Registration for youth basketball is open now through Dec. 24 for children ages 4 to 15. Sign-up for \$30 at the IronWorks Gym front desk. To register after Dec. 24, see Jamie at the Youth Sports Office. The cost of late registration is \$40.

PAGE12 TORII TELLER, DECEMBER 3, 2004 SPORTS



Bill T. Phillips, aware of the competition on his heels, sprints down the home stretch of the Great American Smoke-out five-kilometer race.

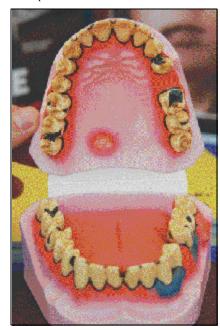
# Runners 'Puff away' at **Great American Smoke-out**

PFC LUKAS J. BLOM Combat Correspondent

Runners "lit up" the asphalt at the Great American Smoke-out here, Nov. 19.

The Marine Corps Community Services Semper Fit program held the seventh annual run at the Ironworks

The Great American Smoke-out is a nationally recognized day that focuses on the health risks of tobacco products. Events are held nationwide in the



The possible effects of tobacco use on the mouth were displayed in this soberingly realistic model of a human mouth.

United States, as well as on U.S. military installations around the world, to promote healthy living.

"Our goal is to get people to stop (using tobacco) for just one day," said Billie F. Scott, MCCS Semper Fit Health Promotions director. "We're not talking about quitting tobacco use, the Branch Medical Clinic offers forever. One day could make a huge difference. It shows people that they can achieve their goal."

The event not only brought awareness of the effects of cigarettes, but also cigars and smokeless tobacco (chewing tobacco).

"One dip is equivalent to two or three cigarettes, so it can become a serious health risk very easily,"

The five-kilometer and 10-kilometer races kicked off at 11:30 a.m. at the gym parking lot.

Taking home the trophy for the five-kilometer run was Bill T. Phillips, 54, with a scorching time of 24 minutes 53 seconds.

Accomplishing the fastest time in the 10-kilometer race and snatching the most prized trophy of the day was Takashi Sobue. Sobue's time of 40 minutes 44 seconds smoked the competition.

"It was a great day for a run," said Scott. "We had beautiful weather and everyone had

Along with competitive runners, parents brought their children out to have some fun, enjoy the sunny weather and learn about the dangers to one's health caused by tobacco.

"We have to set the example for our kids," said Lt. Cmdr. Heather K. Gilchrist, Branch Medical Clinic division officer of Health Promotions and Tobacco Cessation director. "As Marines and Sailors, we need to support each other when one of us is trying to quit."

are looking for a helping hand in racers.



Gary Gilmoure checks his time as he prepares to cross the finish line of the 10-kilometer race. He was one of 30 participants in this year's Great American Smoke-out race.

monthly tobacco cessation classes.

The classes focus on the physical as well as the psychological addictions to tobacco people have, said Gilchrist. The class offers help with recognizing triggers for tobacco use and developing coping strategies, and offers nicotine patches for class members. Also, the class helps individuals with identifying substitutes for tobacco, which is how a person is going to be successful in quitting the habit.

"Approximately 35 percent of the Marine Corps smokes," said Scott. "We want to put the focus on the negative health effects for those people. We have programs like this and our mini-health fairs to help out the people who are thinking of quitting."

For more information concerning tobacco cessation classes, contact the Health Promotions office at



Tadamasa Uemura, Marine Corps Community Services recre-For Marines and Sailors who ational specialist, takes down finishing times for 10-kilometer