

INSIDE...

New eyewear designed for extra protection
Cutting-edge "eye armor" provides protection from ballistic related injuries.



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Chefs prove they can stand the heat
Four chefs compete in Chef of the Quarter Board here Feb. 3-4 in hopes of earning title.



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IronWorks Gym class offers discipline, confidence
Ashihara Karate provides Station residents the opportunity to develop warrior mentality, tactics.



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Marines, Sailors give Thai orphanage makeover

GUNNERY SGT. LAWRENCE TORRES III
Combat Correspondent

PATTAYA, Thailand — Seventeen Marines, Sailors and a civilian visited the children at Mercy Ministries Foundation shelter for orphans here Jan. 25, to clean the grounds, lay gravel and plant trees as part of several community relations projects throughout Thailand during Operation Unified Assistance.

The volunteers are attached to Combined Support Force 536 in support of the operation where more than 11,000 Marines, Sailors, airmen, soldiers and Coast Guardsmen are working with international militaries and nongovernmental organizations to aid the affected people of Southeast Asia after a magnitude 9.0 earthquake Dec. 26 triggered devastating tsunamis.

The Mercy Ministries Foundation shelter is entering its second year. The shelter started when Fred and Dianne Doell, international directors of Christian-based Mercy Ministry here, started taking in children from the slums, or areas where homeless families set up tarps in trees and live without running water



Gunnery Sgt. Lawrence Torres III

Pfc. Ryan A. Thomas, Marine Wing Support Squadron 171 heavy equipment operator, puts the finishing touch on the ground around a mango tree that he planted.

or electricity near hotel trash dumps. "The children we take in are all con-

sidered high risk," said Dianne, who has been visiting the slums for seven years and is currently supporting 10 orphans, ages one to 13. "The children lack basic living needs like clean water and food or are suffering from outright abuse, morally, educationally and socially."

Dianne pointed to a four-year-old boy who has been in the shelter for nearly one year and said that his mother disappeared and he had been sold to about five different people before arriving here.

"The [children] usually come in without wanting to belong or sometimes [the children are] rebellious," Dianne said. "Within a very short space of time, they sing and dance and get their characters back ... that boy Praeme fought everything when he got here and now he plays."

The U.S. military started visiting and assisting the Mercy Ministries staff in 2002 during Cobra Gold, an annual military exercise in Thailand, see **THAI** Page 5

Continuation of the story from page 3: [View the story from page 3](#)

COLA Survey to be conducted here

DAVE NASEER

Assistant Station Inspector

The Per Diem, Travel and Transportation Allowance Committee (PDTATAC) has directed that a Living Pattern Survey (LPS) be initiated for Marine Corps Air Station Iwakuni, which will affect the amount of Cost of Living Allowances for service members.

The purpose of the LPS is to determine the most

prominent (primary and secondary) service sources and retail outlets used by service members with command sponsored dependents, for local economy purchases.

The survey provides a record of the most frequently used retail outlets and service sources here. All service members with command-sponsored dependents who live on the local economy or in Station quarters are eligible and encouraged to take the survey. The

survey is primarily for command-sponsored service members; this survey does not apply to service members living in the bachelors' enlisted quarters, bachelors' officer quarters or Department of Defense civilians.

The survey is available on the Internet at <https://141.116.74.201/oscola/lps/japan>, or visit the COLA Survey link on www.iwakuni.usmc.mil.

The service member or spouse filling out the survey see **COLA** Page 4

Day of appreciation held for noncommissioned officers

Pfc. LUKAS J. BLOM

Combat Correspondent

Marine Aviation Logistics Squadron 12 set aside a day for their corporals, sergeants and petty officers to get out of the office and enjoy activities dedicated to the Squadron's noncommissioned officers, Feb. 4.

"This is a day for NCOs to be appreciated," said Sgt. Josh M. Oldham, MALS-12 hydraulic mechanic and NCO Day committee chairman. "Their shops and Staff NCOs are forced to see how important we are to the office."

The NCO Day was kicked off with a field meet at Penny Lake Field here. Teams competed in softball, football,

soccer and volleyball.

"This is a great chance for all the NCOs to come out here and have a good time and build some camaraderie," said Sgt. Laticia S. Harris, MALS-12 individual materiel readiness list clerk.

Although the field meet was cancelled after an hour of competition due to the cold weather, the Marines still ap-

preciated the time they had.

"The weather is something you just can't plan for," said Oldham. "We still had fun even though it was pretty cold."

Like true leaders, the NCOs adapted to the situation and decided to hold classes on fitness reports, Navy evaluation reports and counseling records, see **APPRECIATION** Page 4



Torii Teller

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Pfc. Mark Fayloga

**Information/Editorial
Specialist**

Yukiko Mitsui

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

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

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

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

Time for spring-cleaning has arrived

CMDR. DONALD P. FIX
Chaplain's Corner

It's that time of year already when we think about what needs to go and what will escape the great cleaning – spring-cleaning. I'm not much for that sort of thing where you wait for a specific season and start to wash down the entire house, but I guess it is a good practice.

One of my friends makes it an annual ritual, but I think it is because it coincides with the time that he takes down his Christmas decorations and replaces them with bunnies and Easter eggs.

There is something about the

event that has moved even leaders of some Ecclesiastical organizations. In my religious tradition we are now in the season of Lent which to the surprise of some is derived from the Old English word 'lencten,' which, according to Webster's II denoted both the season of spring and the ecclesiastical season of Lent. For me this puts a new twist in the cleaning aspect of this season.

Many see this time as a time of fasting, giving alms and prayer and that makes a lot of sense when I want to get rid of the old and make way for the new. These three practices also seem to be apart of the religious exercises of all the major faith groups.

The practice of fasting is most aligned to that sense of spiritual cleansing that would be beneficial to do from time to time.

I was stationed with a priest in a civilian parish that fasted at different times each month and I was impressed with his sense of commitment. I regret to say that his example did not rub off, but it certainly made me feel guiltier as I sat at the dining room table and saw his empty plate. This year I'm going to give it a try – do that spiritual spring-cleaning and see how much more room I have inside my heart and soul. I may be surprised to find what I need to throw away.

Ask the Inspector

MAJ. RADZVILLAS
Station Inspector

Part one in a three-part series

QUESTION 1: Who is authorized to fly on the Patriot Express using Space-A?

ANSWER: All active-duty military personnel, dependents of active-duty military members serving on a command sponsored (accompanied) tour or a one to two-year unaccompanied tour, retired military members and their accompanying dependents, Department of Defense civilians and their dependents who have return rights. The following restrictions apply for dependents:

1. Dependents of active-duty personnel in a Temporary Assignment of Duty status are not authorized to travel by themselves. This mostly applies to those personnel assigned here under the unit deployment program.
2. Dependents of personnel serving on unaccompanied Permanent Change of Station orders must have a non-command sponsored letter of authorization signed by the sponsor's commanding officer to come here for a short visit.
3. All dependents authorized to fly Space-A must have some type of documentation to fly i.e., command sponsored

letter, non-command sponsored letter.

4. Dependents of retired military members may not fly by themselves.

5. Dependents must be 18 years of age or older to fly by themselves.

6. Dependent guardianship may not be transferred to another traveler for Space-A purposes. Simply put, you cannot use a power of attorney to transfer guardianship of a child to someone else for purpose of Space-A travel.

QUESTION 2: Where does the Patriot Express go?

ANSWER: The Patriot Express routing is as follows:

Inbound: Los Angeles-Seattle-Yokota-Iwakuni.

Outbound: Iwakuni-Yokota-Seattle-Los Angeles (Once a month)

Iwakuni-Misawa-Seattle-Los Angeles (Twice a month)

NOTE: Exact arrival or departure times at each location may not be passed over the phone, sent by e-mail or faxed due to force protection restrictions.

QUESTION 3: How do you sign up for Space-A travel?

ANSWER: You may sign up in person at the terminal or you may fax your documentation to the terminal. The Station terminal's fax number is 253-4294 or 253-3301.

1. Active Duty military must be in a leave status before they sign up. The most common problem occurs when an

see **INSPECTOR** Page 5

CHATTERBOX

"Valentine's Day messages"



"Makiko, I love you and I hope that you like your new dog. You are the sunshine on my rainy day."

*Sgt. Shelvie R. Edmonds
Nashville, Tenn.*



"Chasity, you are more than special to me, you are my world and I want to thank you for being my wife. I love you."

*Sgt. Arthur L. Ross
Glen Burnie, Md.*



"Welcome home, you will always be my valentine. I love you Jessy."

*Sgt. Carlos M. Lopez
Phoenix*



"To my wife of 16 years, thank you for being by my side everyday and supporting me. I appreciate you and love you not just on Valentine's Day but everyday, because without you, there is no me. I love you."

*Gungery Sgt.
Freddie J. Jones
Bellevue, Fla.*

New eyewear designed for extra protection

LANCE CPL. EDWARD L. MIENNENGA
Combat Correspondent



Lance Cpl. Edward L. Miennenga

Lance Cpl. Richard Libby, a machine gunner attached to 5th Civil Affairs Group, sports a pair of ballistic eyewear during training.

Protective eyewear or "eye armor" is playing an important role in protecting service members against combat and non-combat related eye injuries in Iraq and Afghanistan. Military doctors and ophthalmologists serving in Combat Support Hospitals in Iraq are reporting that approximately 10 percent of all American troops they treat for battle-related wounds have some form of eye damage, almost always associated with other blast injuries, according to the February 2005 issue of Ophthalmology Management magazine.

"Typically the injuries are related to rockets, mortars, or improvised explosive devices," said Army Maj. Michael Cohen, a doctor of osteopathy currently serving in a Combat Support Hospital near Mosul, Iraq. "The injuries are re-

lated to shrapnel and dirt - a lot of penetrating trauma. Probably the most common battle eye injury is a corneal foreign body/corneal abrasion."

Marines are now being issued different brands of ballistic eyewear as part of an advanced user evaluation, said

Col. Edward D. Daniel, MARCORSSYSCOM Liaison Officer, II Marine Expeditionary Force. The eyewear is anti-glare and protects against ballistic related injuries. Some eyewear also has inserts for service members who need glasses.

"They've all been extremely effective against ballistic threats," said Daniel.

The eyewear has been so effective that Maj. Gen. Stephen Johnson, commanding general, II MEF (Forward), has mandated that the eyewear be made available to the Marines.

"I have seen pairs of Wileys (ballistic eyewear) destroyed and yet the soldier has sustained no eye injury at all," said Cohen. "I cannot tell you how helpful that is to us. This eyewear is definitely a force multiplier."

Not only does the eyewear protect from blast injuries, it helps protect the eye from the sun, dust and allergens.

"There is so much dust and dirt around here that small foreign bodies are common, which in turn cause mild abrasions," said Cohen. "Additionally, the allergen levels here are quite high and different from what we are accustomed to in the states, so we see a bit of allergic conjunctivitis."

Daniel also said they are still collecting feedback about the eyewear.

"We want to continue to improve the options," said Daniel. "We want to protect their eyes and vision as much as we want to protect everything else, if not more."

Editor's Note: This story was produced in cooperation with Jerry Helzner whose complete story on ballistic eyewear is available in the February 2005 issue of Ophthalmology Management magazine.

High-flying Marines awarded wings

PFC. LUKAS J. BLOM
Combat Correspondent

The gold Naval Aircrew Badge was pinned on the uniforms of two Station Marines during a ceremony at the Eagle's Nest here, Jan. 24.

Along with receiving the gold aircrew wings, Staff Sgt. Ronald D. Shulock, Marine Aircraft Group 12 ground safety officer, and Lance Cpl. Travis D. Oakes, Headquarters and Headquarters Squadron air traffic control communications technician, received authorization to perform aircrew duties on Marine Corps Air Station Iwakuni UC-12 aircraft.

"Staff Sgt. Shulock and Lance Cpl. Oakes' primary responsibilities as crewchiefs in the C-12 include the priority handling of cargo and passengers during missions, supervising the ground handling and refueling of the aircraft at each destination, providing backup navigation assistance through the use of a secondary Global Positioning System and assisting with the monitoring of the overall performance of the aircraft," said Maj. Lee A. Cracknell, Headquarters and Headquarters Squadron C-12 operations officer. "Although the crewchief duties are secondary to their primary billets onboard MCAS Iwakuni, both will play integral roles in the transport of passengers and cargo within the Western Pacific area of responsibility."

A native of Aliquippa, Penn., Shulock had previously served as a Stinger missile operator and an F/A-18 plane captain before assuming his current duty as the MAG-12 Ground Safety Manager.

Shulock's wife, Lucena, had the honor of pinning on his aircrew wings.

"I've been wanting to do this since 1991 when I entered the aviation community," said Shulock. "I've wanted to fly for 14 years and I finally accomplished my goal."

Oakes, a native of Emporia, Kan., is currently serving as a protocol liaison and driver for Col. Michael Dyer, Station commanding officer. Dyer pinned the aircrew wings onto Oakes' uniform.

"I was driving Col. Dyer around one day and he was talking about flying," said Oakes. "I told him that I'd



photo provided by Maj. Lee A. Cracknell

Lt. Col. James C. Stewart congratulates Staff Sgt. Ronald D. Shulock and Lance Cpl. Travis D. Oakes on receiving their Naval Aircrew Badge at the Eagle's Nest here, Jan. 24.

like to try it some day and he just made everything happen."

The highflying duo departed the Station Nov. 2, 2004, for Norfolk Naval Base to attend the two week C-12 Ground School.

At the Ground School, the Marines studied how the C-12 aircraft operates, refueling procedures, weight limits and emergency procedures, said Oakes.

Upon completion of the Ground School, Shulock and Oakes were flown to Lemoore Naval Base to attend the four-day water survival and physiology training.

"It wasn't exactly an easy road, but it's a great accomplishment," said Oakes. "If you've got ambitions to fly, work towards it and go for it."

The two new crewchiefs began traveling on the C-12 aircraft as soon as they returned from their training.

"Now that I have the crewchief wings, I've got a much bigger window of opportunity to travel," said Oakes. "It's been a great experience so far and I'm excited to see where it takes me."

For information on how to become a crewchief for the C-12, contact the Station C-12 Operations Office, 253-5056.

NEWS BRIEFS

CIVIL ENGINEER CORPS & SEABEE BALL

The ball will be held March 18, 6 p.m. at the Club ballroom. Open to all Station personnel. E-mail whitepl@iwakuni.usmc.mil or robinsonr@iwakuni.usmc.mil to purchase tickets.

FRIENDSHIP DAY 2005 POSTER DESIGN CONTEST

This year's theme is "Across the Sea and Sky." The contest is open to anyone, including all Station personnel and the Japanese community, age 18 and older. No copyrighted images may be used. Submissions are due in the MCCS Marketing Office by Feb. 25, 4:30 p.m. For details, call Ashleigh Pipes at 253-6373.

PARENTS NIGHT OUT

Studio 2B Girl Scouts will be offering a baby sitting service, today, Feb. 22 and 25, from 6-10 p.m. The fee is \$3 per hour per child. Snacks and crafts will be offered. Call 253-2485 or 253-2276 to make reservations for February. Reservations are needed to attend. This baby-sitting is part of the Girls' Silver Award project. The Studio 2B girls will be using the proceeds to reach their goal of attending an overnight horseback riding camp near Mr. Fuji in May.

Station residents discover tastier side of health

STORY AND PHOTOS BY
PFC. MARK FAYLOGA
Combat
Correspondent

Obesity is the second leading cause of preventable death in the United States.

Consumers spend approximately \$30 billion per year trying to lose weight or prevent weight gain, without knowing the facts about weight loss and health issues, according to www.obesity.org.

Station residents learned about healthy living, low-fat recipes and the truth regarding diets at the Think Light! Healthy Cooking Class at the Iron-Works Gym here, Feb. 1.

The class was an introduction to the Think Light! Weight Management Program, a program which incorporates weekly classes dealing with weight management techniques, eating habits, exercise habits and thinking habits, said Charla F. Truesdale, Semper Fit certified lifestyle and weight management consultant.

During the interactive class, Truesdale taught students about low-fat living in the kitchen, and answered questions regarding diet myths, recipe replacements and how to incorporate healthy eating into family meals, she said.

"I came out to the class to get some information on cooking and grab some recipes," said 2nd Lt. Brandon S. Davis, Marine Wing Support Squadron 171 combat engineer platoon commander. "But, I also learned a lot about myths behind certain diets, why the diets don't work and how you have to lower caloric intake and stick to consistent eating habits to stay healthy."



Charla F. Truesdale shows her class a mozzarella and tomato salad at the Think Light! Healthy Cooking Class, Feb. 1.

During the class, students volunteered to help make a mozzarella and tomato salad, basil vegetable soup, spinach mini-lasagnas and for dessert; layered chocolate mousse squares.

Truesdale said her goal was to show students it's possible to prepare foods that taste great and are healthy.

"I thought the class was a great hands-on way to gain knowledge in healthy eating and cooking," said Patricia L. Bradshaw, Station resident.

While preparing the meal, Truesdale shared tips on how to replace high-fat and high-sugar ingredients in recipes with healthier choices.

Truesdale also explained the truth behind carbohydrates.

"The only fuel your brain can use is (carbohydrates.) If you don't get enough, you suffer physically and mentally. A moderate carb diet with a focus on high fiber carbs is ideal," said Truesdale.

For many, the highlight of the class came at the end when they got to taste the healthy dishes they helped prepare.

"My favorite part of class was

getting to taste the soup I helped make. It was really good and I plan on using the recipes I learned in class again," said Bradshaw.

Think Light! Healthy Cooking Class meetings take place once a month-usually on the first

Tuesday of every month. For more information on the classes or on the



Patricia L. Bradshaw, Station resident, mixes ingredients for a salad dressing.

Think Light! Weight Management Program, call 253-3693.



Charla F. Truesdale places pasta in boiling water in order to prepare spinach mini-lasagnas.

APPRECIATION from Page 1

proficiency and conduct marks, B-billets, special duty assignments and civilian attire.

The PME's focused on what the NCOs can do to set themselves apart from the competition when promotion time comes.

"Most of the time a Marine is average when he is in a room full of Marines. For most Marines that's a tough pill to swallow, but as a group we hold ourselves to a higher standard," said Capt. Gregory R. Biehl, MALS-12 assistant avionics officer. "You need to find a way to separate yourself from the pack."

After the classes, NCOs were treated to a social where they were

served food and drinks and given a chance to discuss the day's events.

"This day is [set aside] to remind staff noncommissioned officers, who can sometimes take their NCOs and Sailors for granted, of the contributions they make to the squadron on a daily basis," said Sgt. Maj. Devell Durham, MALS-12 sergeant major. "This is definitely a great event," said Harris. "It gives us a chance to recognize ourselves, and the best part is we get a day off."

Although the day was devoted to the NCOs, the days events were committed to making them better at what they do; lead, said Durham.

"You're it, I'm a dinosaur," said Durham to the NCOs. "You're the Marine Corps."

COLA from Page 1

vey need only enter the last six digits of the service member's social security number (this is his survey ticket number), and the location code JA019, upon entering the survey. Instructions are provided throughout the survey. Completing the LPS should take 30-45 minutes depending on Internet speed. If survey participants get timed out for any reason, they can re-enter the survey by using the same ticket number they used when beginning the survey.

Beginning Feb. 7, the survey will be available at the above-mentioned Web site. It is stressed that the survey input be entered between Feb. 4 and March 1. The greater the participation, the more

accurately the survey will impact the cost of living allowance rate. Please fill the survey out completely and accurately.

Thank you for taking part in this important quality of life program: COLA is paid to service members stationed in high cost overseas locations, and Iwakuni is one of these locations. COLA helps maintain the same purchasing power so members can purchase about the same level of goods and services overseas as in the United States. This survey is designed to identify where and how goods and services are purchased. The information obtained from this survey is used in planning and completing a separate retail price report that is the basis for prescribing the COLA rate for various locations.

1,000 cranes of hope, better health

STORY AND PHOTOS BY
LANCE CHL. CRISTIN K. BARTTER
Combat Correspondent

A thin, square piece of paper is taken by individuals with care and folded meticulously. With every crease, the small piece of paper resembles a "tsuru" (the Japanese word for crane), more and more. Although many bags are already filled with paper cranes, the target amount has not been met.

A group of friends and employees aboard the Station are on a mission to make 1,000 cranes in hopes of aiding a co-worker.

Workers from the Northside mess hall have begun the task of creating 1,000 cranes for a friend who was recently diagnosed with cancer. Employees take time during breaks, their lunch hour and even at home.

For thousands of years, Japanese culture has treasured the crane as a symbol of loyalty and honor. The significance of the crane lies in the belief that a person who folds 1,000 cranes will be granted his or her greatest wish.

Each crane created is different, yet each is a significant piece in a larger purpose for the wish that could save a friend's life.

One of the most famous stories of the making of 1,000 cranes is of Sadako Sasaki, a young Japanese girl who developed leukemia at the age of 12 from affects of the atomic bomb. Knowing the marvel of the crane, Sasaki decided to make 1,000 cranes so she would be granted her wish of



Finished cranes are placed into plastic bags and will later be strung together for a friend who was recently diagnosed with cancer. Left: Mess hall workers fold bags of cranes and sign the Japanese flag for their friend during a break.



The cranes will be strung together and presented to him for better health.

better health. Unfortunately, she died before she could fold all of them. Her classmates decided to take on her task.

They finished making the cranes and Sasaki was buried with them.

All of the cranes vary in color.

The only colors the Japanese people will not use are gold, silver and black. Gold and silver are colors that represent a time for celebrating, and the black paper is not used because

it represents mourning, said Judith Yamano, Northside mess hall supervisor.

"I was so touched by the thought of this. It is the caring behind all of this that makes it so special," said

Yamano. "Every crane I make, to me, is like a little prayer for my friend to get better."

The group folding the cranes here may be small, but civilian workers are not the only ones folding the cranes anymore; service members have seen the effort and pitched in to help. Approximately eight Marines fold cranes on a regular basis.

Once all of the cranes are made, the well-wishers will take them and run a string through each one so the gift will become one long wish for health. Then they will present it to their co-worker, along with a Japanese flag signed with notes of optimism.

"We are doing this to let our friend know that we are all here for him during his time of need, and that we care for him," said Yamano. "It is the thought that counts, 1,000 times."

THAI from Page 1

according to Religious Programs Assistant Petty Officer 1st Class David E. Seigrist with III Marine Expeditionary Force Headquarters Group based in Okinawa, Japan. Navy Lt. Judy Malana, who was then chaplain, III MEF, started the visits after finding Mercy Ministries here using the internet.

Corporal Angel A. Huerta, a heavy equipment operator with 12th Marine Regiment, 3rd Marine Division, currently serving with CSF-536's Off-load Preparation Party, said the shelter reminds him of the Guadalupe, Mexico, community he lived in when he was 4 to 5 years old.

"The living conditions here are similar to what I had ... a small community of people sticking together as one family," said Huerta, who helped clean the shelter and said he wished he could more for the children. "This is one of the things I enjoy doing the most ... helping those who are less fortunate."

Seigrest said he was here three years ago and met a boy named Cop, who is in the shelter now as a 5-year-old. According to Seigrest, Cop was sold to a pimp at the age of two for about 1,500 baht, which is the equivalent of \$25. An elderly woman collected the same amount

of money from the people in the slums, bought Cop back and brought him to the shelter.

"I think back to my rough childhood and it was nothing compared to seeing this," said Sgt. Walter F. Washington, a maintenance floor chief with Combat Assault Battalion, 3rd MarDiv. After hearing all of the stories about the children, Washington said, "I couldn't do that to a dog, man."

The Marines were able to accomplish needed tasks here that would have taken the Mercy Ministry staff and volunteers about a month, according to Fred. "This is a big help," said Fred, who is also the pastor and founder of Victory Family Church here. "We never get help like this [from anyone else] ... these guys came to work and they are really working hard."



Cpl. Daniel G. Jagears (center), Marine Air Logistics Squadron 12 mechanic, watches as two Marines play with 1-year-old Joshua in Pattaya, Thailand, Jan. 24.

Gunnery Sgt. Lawrence Torres III

INSPECTOR from Page 2

active-duty member faxes leave papers or shows up to the terminal before he is physically on leave.

When flying on emergency leave, the active-duty member needs to present both the emergency leave papers and the leave papers. Ensure the effective sign-up date of the EML orders is the same as the leave start date or before. In many cases, the leave papers are effective before the effective EML sign-up date which means the person cannot be signed up in the higher category until the effective sign-up date on the EML papers.

2. Dependents may sign up on the effective sign-up date listed on the EML orders or on the effective date of the command or non-command sponsored letter.

3. Travelers must again sign up for a return trip. Example: If a traveler leaves MCAS Iwakuni Space-A and intends to return to Iwakuni from Seattle or LAX, he must again sign up at one or both locations for his return trip.



TOP: Lance Cpl. Monique K. Delapinia, Marine Wing Support Squadron 171 chef, adds some motion to the ocean on her decorative food island. RIGHT: Delapinia decoratively slices chocolate as a garnish for her dessert. FAR RIGHT: Lance Cpl Joseph C. Pauley, Headquarters and Headquarters Squadron chef, prepares the barbecue for his chicken kabobs, potatoes and garlic cheese bread. BOTTOM: Sgt. Joseph M. Navara, Marine Wing Support Squadron 171 field mess noncommissioned officer in charge, answers questions during the oral portion of the Chef of the Quarter Board.



STORY AND PHOTOS BY
 PFC. MARK FAYLOGA
 Combat Correspondent

"Two minutes left!" - as the call came, chefs scrambled to make last-minute arrangements and decorations to their tables in hopes of adding the little extra touch that could make the difference between winning and losing the Chef of the Quarter Board.

Four chefs (two noncommissioned officers and two junior Marines) competed during the two-day Chef of the Quarter Board here, Feb. 3 and 4. The board consisted of a written test, an oral board and a cooking competition. (An NCO chef and a junior Marine chef were chosen for Chef of the Quarter.)

"The whole purpose for the Chef of the Quarter Board is to give food service Marines, who work many hours, a chance to stand out and show their individual cooking styles," said Master Sgt. Lora L. Hall, Headquarters and Headquarters Squadron food service specialist.

The winners of the board were decided based on a scoring system involving the events. The cooking competition was worth 40 percent while

the written test and oral board were worth 30 percent each. The NCO and the junior Marine with the highest scores won the NCO Chef of the Quarter and Marine Chef of the Quarter respectively, said Hall.

All questions asked during the written test and oral board were oriented toward food services. For the cooking competition, chefs were allowed to come up with their own theme and menu, said Hall.

"I got the idea for my menu and recipe for my meal from my uncle," said Lance Cpl. Joseph C. Pauley, H&HS chef. "Back home, barbecuing was something me and my family would do together, so I thought I could do something I enjoyed as my theme."

Cpl. Phillip K. Burrus, H&HS subsistence clerk, took the chefs who he thought were the five most influential American chefs and used one of each of their recipes to make up a meal.

"Usually, chefs will pick a certain region and create their meal based around that region," said Burrus. "I figured they've all been done, so I came up with a more original idea and ran with it."

The four chefs competing were;

Pauley, Burrus, Lance Cpl. Monique K. Delapinia, Marine Wing Support Squadron 171 chef and Sgt. Joseph M. Navara, MWSS-171 field mess.

After all was said and done, it was Pauley and Burrus who went home the winners.

"You never know for sure if you're going to win or not. We had some very good Marines in this competition, and during the cooking competition each judge has a different taste so it's always a surprise to see who wins it at the end," said Burrus.

Pauley and Burrus were given the title of Chef of the Quarter only after the food judges (sergeants major and their chosen NCOs) had tasted their meals. Pauley's theme was "backyard barbecue" and Burrus' was "a tribute to the great American chef."

Along with plaques Burrus and Pauley now hold the title "Chef of the Quarter," a certificate of commendation from the commanding officer and a three-day weekend to be used whenever they choose.

Burrus' winning menu can be sampled at the chow hall this week, said Hall.

Talents bloom in Ikebana class

STORY AND PHOTOS BY LANCE CH. CRISTIN K. BARTTER
Combat Correspondent

While a painting is an expression of art drawn on a canvas with a brush, Ikebana is an expression on three dimensions composed of plant materials arranged in a vase. The multidimensional art has its roots embedded deeply in ancient Japanese culture and is loved and carefully practiced by many even today.

Station residents gathered at the Art and Crafts Center here Monday to learn the craft of Ikebana.

"I feel that the class is therapeutic," said Raquel Stroup, Station resident. "Some people do yoga or practice certain forms of meditation, but this is what I do. I love it"

During the class, students were educated on the importance balance and harmony play in a perfect arrangement.

According to 'Ikebana Sogetsu,' a pamphlet published by Japan's renowned Sogetsu School of Ikebana, the purpose of any arrangement is not to reproduce the plants original beauty, but to "endow them with a value transcending that which they had in nature."

Kuniko Tsuhara, Ikebana teacher, began studying as a child and has been practicing the art for 45 years.

"When I do Ikebana and find different flowers to arrange, it gives me energy," said Tsuhara.

"When I was young, I was interested in many things, but always in Ikebana. I also studied the tea ceremony and other ladylike customs. These subjects are a traditional form of Japanese art."

According to Tsuhara, members of the younger generation do not have the desire to pursue an art that requires such rigid guidelines. Teachers of the art are required to complete a rigorous certification



Kuniko Tsuhara, who has been doing Ikebana for 45 years, instructs her students on the correct angles that should be used when arranging the flowers.

on the other hand, is an arrangement in a tall vase.

Students must master basic arrangement techniques before moving on to express their own ideas through the materials.

Although the course here is difficult, students say it has been modified to be slightly easier than courses offered beyond the confines of the Station.

"The teacher knows we're only here for a year or two," said Stroup. "She makes sure we leave knowing a little bit of everything."

Emelie Knox, three-time veteran, said she enjoys the steady learning pace.

"I've learned a lot here and I will



Daffodils were used in the Monday class. The flowers used in class depend on the time of year and which flowers are in bloom.

continue to learn," said Knox.

The Ikebana class held every Monday and Thursday evening at the Station Arts and Crafts Center, is open to any Station resident. The cost of a class is \$17, and includes the cost of flowers and teacher's fee. Students are to bring their own materials. For more information, call 253-6621.



Kuniko Tsuhara, Ikebana instructor, shows Rumi O. Ceradsky, a second time student, how to cut the ends of the flowers, which are then dipped in water to keep them alive as long as possible.

OUT THE GATE

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

Miyajima Oyster Festival

The festival will take place in front of the Miyajima Ferry Terminal on Miyajima Island, Saturday and Sunday, 10 a.m. to 3 p.m. Free sample of oyster dishes will be prepared. They will set up tents to sell oysters and oyster dishes. A Kagura performance, a Japanese sacred music and dance, is scheduled both

days, 11:10 a.m. to 12 p.m. and 2:10-3 p.m. For further information, call 0829-44-2011.

Ancient Hina Dolls Display

Approximately 200 pieces of ancient Hina dolls and equipment, including items from the mid 19th century, are displayed at Mori Museum in Hofu City from now until April 3, 9 a.m. to 4:30 p.m. An admission is required. Call 0835-22-0001 for further details.

Plum Blossom Tea Ceremony

Visitors can view plum blossoms on 100 plum trees, and attend tea

ceremony at Shukkeien Park in Hiroshima City Sunday, 10 a.m. to 3 p.m. An admission is required to enter the park and to attend the tea ceremony. For details, call 082-221-3620.

Plum Blossoms Festival

There is a festival and a display of plum tree bonsai at Kanmuriyama Sogo Park in Hikari City today, Saturday and Sunday, 10 a.m. to 3 p.m. A flea market, a Japanese instrument performance and more are scheduled. It will be cancelled in case of inclement weather. Call 0833-72-1400 for more 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 Skyline, 1989, 2 door, GTS-T, 5 speed, manual, JCI until April 2006, \$2,500 obo. Call SSgt. Cooper at 253-2767.

Nissan Serena, 1992, well maintained, cold A/C, seats seven, great family vehicle, JCI until May 2006, \$2,400 obo. Call Mrs.

Mitsubishi Delica, 1993, 4WD van, includes roof racks, ski racks, chains, excellent condition, JCI until April 2006, \$1,500 obo. Call Gary Gilmour at 253-4256 dwh or 253-2579 awh.

Honda Magna, 1994, 750cc motorcycle, sport

cruiser, Vance and Hines pipes, Corbin Gunfighter seat, sport fairing, plus lots of other extras, JCI until Feb. 2007, \$3,900 obo. Call SSgt. James Dosh at 253-3656 dwh or 253-5350 awh.

Nissan Sedan, 1990, 4 door, mid size, P/W, P/L, very clean interior, grey exterior, runs great, JCI

until Feb. 2007, \$1,400 obo. Call Sgt. Singletary at 253-3242 dwh or 253-2230 awh.

OTHER ITEMS

Misc., 2 adult cats, 1 male (black), 1 female (white), both fixed and litter box trained, good with children, both love the outdoors, want to keep together. Call Samantha or leave a message at 253-2081.

Misc., Japanese wooden Tansu, great shape, must see. Call Cynthia at 253-2778.

Misc., multifamily garage sale at Building 1200, Community Room, Feb. 20, 8 a.m. to 12 p.m., quality products at reasonable prices. Call Sean at 253-2291 or Gary at 253-2579 for more information.

JOB OPENINGS

CHRO (253-6828)

MCCS: -Substance Abuse Counselor, world wide
Facilities: -Interdisciplinary Engineer, world wide
-Architect, world wide
Logistics: -Supervisory Contract Specialist, world wide
Clinic: -Occupational Health

Nurse, world wide
-Speech Pathologist, world wide

S-1: -Management And Program Clerk, Iwakuni wide

Commissary: -Store Manager (Camp Kure Commissary), commuting area
-Store Worker (Intermittent), Iwakuni wide

AHO: -Air Traffic Control Specialist (Terminal), world wide

MCCS (253-3030) (The following jobs are open at MCCS Personnel)

MCCS Job Listing: -Security Guard, Loss & Prevention Agent, NF-1
-Procurement Assistant, Merchandising, NF-2

-Senior Sales Associate, Main Complex, NF-2
-Club Operations Assistant, Club Iwakuni, NF-2

-Food Court Operations Assistant, Food Court, all sources, NF-2

-Recreation Specialist, Youth/Teen Center, NF-3

-Personnel Assistant, Personnel, NF-2
-Sports Specialist, Athletics, NF-3

-Recreation Attendant, Athletics, NF-1

-Outdoor Recreation Manager, Outdoor Recreation, all sources, NF-3

-Transportation Supervisor, Maintenance, all sources, NF-3

-Public Relations Assistant, Marketing, NF-01

Continuously Open Jobs
Announcements (FT, PT, FLX)

MCCS Executive Administration Office

Loss And Prevention: -Security Guard (Loss And Prevention Agent), NF-01

Business Operations Division

Retail Branch: -Laborer, NA-01
-Sales Clerk, NF-01
-Store Worker, NA-02

-Food Service Worker, Auto Mini Mart, NA-02

Food & Hospitality: -ID Checker, NF-01
-Waiter/Waitress, NA-03
-Food Service Worker, NA-02

Services Branch: -Car Rental/Service Station Attendant, NF-01
-Car/Washer/Laborer, NA-01

-Recreation Attendant, NF-01

Marine And Family Service Division

Library Branch: -Library Aid, NF-01
-Library Technician, NF-02

Child Development Center/School Age Care Branch: -Program Assistant, CC-I
-Program Assistant, CC-II

-Operations Assistant, NF-02

Youth/Teen Center Branch: -Recreation Attendant, NF-01
-Operations Assistant, NF-02

Semper Fit Division

Athletics Branch: -Recreation Attendant, NF-01
-Lifeguard, NF-01

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

MOVIE SCHEDULE

SAKURA

FRIDAY
7 p.m. Million Dollar Baby (PG-13)
10 p.m. Blade Trinity (R)

SATURDAY
1 p.m. Fat Albert (PG)
4 p.m. Lemony Snickets: A Series Of Unfortunate Events (PG)
7 p.m. The Flight Of The Phoenix (PG-13)
10 p.m. Meet The Fockers (PG-13)

SUNDAY
4 p.m. Lemony Snickets: A Series Of Unfortunate Events (PG)
7 p.m. Million Dollar Baby (PG-13)

MONDAY
7 p.m. Meet The Fockers (PG-13)

TUESDAY
7 p.m. Spanglish (PG-13)

WEDNESDAY
7 p.m. Ocean's Twelve (PG-13)

THURSDAY
7 p.m. Million Dollar Baby (PG-13)

This schedule is submitted by the Sakura Theater and is subject to change. For show times call the Sakura Theater at 253-5291.



FRIDAY
11 a.m./5 p.m. Big Fat Liar (PG)
2 p.m./8 p.m. Sky Captain And The World Of Tomorrow (PG)
11 p.m./5 a.m. Lost Souls (R)

2 a.m. Man On Fire (R)

SAURDAY
11 a.m./5 p.m. White Chicks (PG)
2 p.m./8 p.m. Surviving Christmas (PG-13)

11 p.m./5 a.m. Stuck On You (PG-13)
2 a.m. Confessions Of A Dangerous Mind (R)

SUNDAY
11 a.m./5 p.m. Welcome To Mooseport (PG)
2 p.m./8 p.m. King Arthur (PG)
11 p.m./5 a.m. Open Water (R)
2 a.m. Eraser (R)

MONDAY
11 a.m./5 p.m. Jungle Book (G)
2 p.m./8 p.m. Star Trek: Generations (PG)
11 p.m./5 a.m. Dodgeball (PG)
2 a.m. Angel Eyes (R)

TUESDAY
11 a.m./5 p.m. Master Of Disguise (PG)

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

11 p.m./5 a.m. Gangs Of New York (R)
2 a.m. Basic (R)

WEDNESDAY
11 a.m./5 p.m. Home On The Range (PG)
2 p.m./8 p.m. Cellular (PG-13)
11 p.m./5 a.m. Thelma And Louise (R)
2 a.m. 50 First Dates (PG)

THURSDAY
11 a.m./5 p.m. Undercover Brother (PG-13)
2 p.m./8 p.m. Vanity Fair (PG-13)
11 p.m./5 a.m. Anchorman (PG)
2 a.m. Battleground (NR)





Bowling balls in formation await their turn to attack the pins downlane, at the Iwakuni Bowling Center.

Station residents find bowling quite striking

STORY AND PHOTOS BY
PFC. MARK FAYLOGA
Combat Correspondent

"Boom!"
A bowling ball attacks the pins down lane with an explosion - scattering pins everywhere. One lone pin totters until it finally loses its balance and falls to the floor. The bowler celebrates his strike with a victory dance and high-fives his family.

Family Appreciation Bowling Day occurs the first and third Saturday of every month from 1-5 p.m. at the Station Bowling Center. During family days, games are available at half price, said Mike Gold, bowling center manager.

"When I originally started Family Appreciation Bowling Day, it was meant for a family (husband, wife and children) to come in and bowl, but then I realized that the military is family too," said Gold. "Two Marines or a Marine and a Sailor is a military family, and if you come in by yourself

you are part of my military family, so Family Appreciation Bowling Day is open to all Station residents."

The bowling center hosts family days to show service members here that the center values their business, said Gold.

Everyday of the week residents can come in and enjoy bowling fun. The center offers values on lanes, shoe rentals and the snack bar menu, said Gold.

"We come in every Saturday because [bowling is] something enjoyable we can do with friends and family. It's inexpensive and the kids can play too," said Lakita P. Murphy, Station resident.



Jide J. Leonard, 9, celebrates after destroying the pins downlane with his roll during Family Appreciation Day at the Iwakuni Bowling Center.

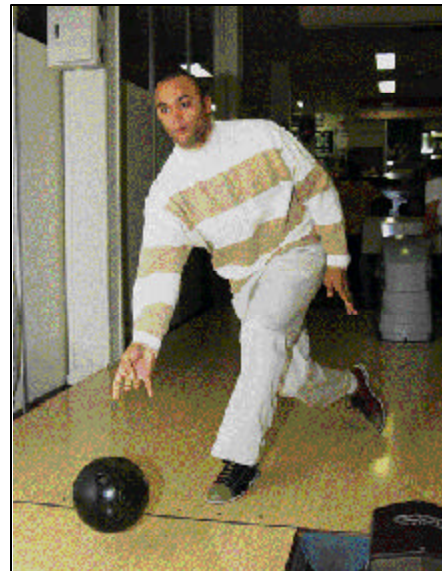
day is made."

The staff at the bowling center is happy to serve. The center provides service in every way it can and is available to help out the customer, said Gold.

"We always have fun here because the staff is great," said Murphy. "We can play games and enjoy a meal. You don't have to worry about leaving for anything because everything you need is here."

Gold encourages more residents to come out to the bowling center to take advantage of the center's weekly specials and enjoy themselves.

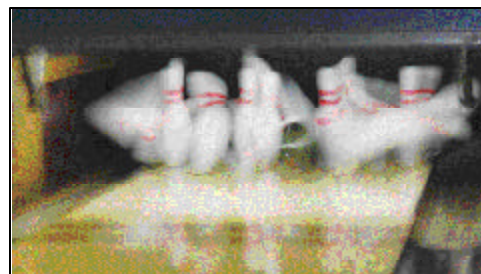
"I would like to see more people



Corey J. Leonard sends a ball downlane in the hopes of picking up a strike during Family Appreciation Bowling Day at the bowling center here.

participate in bowling leagues," said Gold. "They're a great way to learn to bowl, plus you share camaraderie with your team. If you're in a league, you get to bowl half-price every day."

The bowling center has several events and discounts, such as physical training bowling, league bowlers' special, student bowling, tournaments and moonlight bowling. During moonlight bowling, bowlers can win \$500 to \$1,150. For more information, call 253-3495.



A strike is caught during Family Appreciation Bowling Day at the Iwakuni Bowling Center which occurs the first and third Saturday of every month.