

Torii Teller

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MARINE CORPS AIR STATION IWAKUNI, JAPAN

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Lance Cpl. Cristin K. Barter

Lance Cpl. Michael Mizner, Combat Service Support Detachment 36 supply administration clerk, moves through thick vegetation on a reconnaissance mission at Haramura, Japan, July 6-8.

Marines train for tactics, skills

LANCE CPL. CRISTIN K. BARTTER
Combat Correspondent

HARAMURA, Japan— As the number of deaths and casualties rise from the War on Terror, more Marines are answering the call of duty. In order to prepare for the rigors of war, 23 Marines from Combat Service Support Detachment 36 set out

to conduct field and live-fire exercises here, July 6 - 8.

The basic objective of the three-day evolution was simply to enhance and refresh their basic rifleman skills by living in a simulated combat situation.

"Our unit, particularly, has been getting hit up by IA's (Individual Augments) more and more recently so we are trying to see CSSD-36 Page 5

New requirements in effect for Tricare Overseas Program Prime

LANCE CPL. LENDUS B. CASEY
Combat Correspondent

Tricare, the Department of Defense's health plan for all uniformed services, has recently put into effect a new requirement for all active duty family members to be command sponsored prior to enrolling in the Tricare Overseas Program Prime.

"The sponsorship was put into ef-

fect to stop service members who were unaccompanied, meaning they're single or cannot bring their family here, from bringing their spouses over because some of them are not screened. If they have illnesses beyond our capabilities, they become a problem. They would get here and we could not support all of their needs," explained HMC Wilfredo R. Sito, BHC head for patient administration.

Service members must present their Permanent Change of Station orders along with their Family Entry Approval documents prior to signing up for the TOP Prime.

In order for active duty family members to enroll they must have their updated Defense Enrollment Eligibility Reporting System information, command sponsorship, family entry approval, completed Tricare Prime enroll-

ment form, and submit paperwork to the Enrollment Specialist at the Tricare Service Center on the 1st floor of the Branch Health Clinic.

If ADFMS are currently enrolled in TOP Prime and the family has a newborn or adopts a child, the new family member will be eligible to enroll in the appropriate overseas program.

For more information contact the Tricare Service Center at 253-3126.

Smoking, chewing - choke on these cold, hard facts about tobacco use

MICHELLE PERRY
Volunteer Correspondent

According to the Center for Disease Control, every year about 440,000 people die in the United States from tobacco use, approximately one of every five deaths is related to smoking. Cigarettes kill more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs combined.

Station residents should be aware of the effects of tobacco, and should also understand there is help for

those who are committed to quitting.

It is said time and time again about the dangers of tobacco (both chewing and smoking), yet one in every four people uses tobacco.

"Most people begin smoking and/or using oral tobacco in their early teens. You rarely find anyone who begins smoking after the age of 21 or 22," explains Lt. Cmdr. Heather Gilchrist, Branch Health Clinic division officer.

Most tobacco users are unaware of how long nicotine stays in their system. The physical addic-

tion to nicotine lasts only two weeks.

"Psychological addiction though, that's what gets people going back to it," said Gilchrist. "Some people who have quit smoking go as long as a year if not longer without nicotine. Then they have this trigger or event that tells them 'it is time to smoke again'."

Smoking is a major cause of heart disease, bronchitis, emphysema, stroke, impotence, birth defects, miscarriages, abnormal sperm development, and lung cancer. Lung cancer is the leading cause of cancer

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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 e-mail to hercherdj@iwakuni.usmc.mil or coakleylj@iwakuni.usmc.mil.

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Chaplain's Corner: Bridges of Iwakuni

LT. STEPHEN M. COATES
Station Chaplain

If you watch any war movie that contains some form of the word 'bridge' in its title, you can be relatively sure the structure will not be standing at the end of the film. Bridges have been prime military targets throughout history and remain the scenes of vulnerability and significant actions yet today.

Bridges span and provide passage over some obstacle. Destroying a bridge not only interrupts the free flow of personnel and material, it marks the ruin of a great investment of time, engineering, and hard work. The circumstances would have to be just right to enjoy a good old-fashioned bridge burning.

I know individuals who have a life-long history of burning bridges of another sort. Sometimes, a significant person simply cuts them off. Other times, they have burned the bridges themselves - with everyone. I am always

amazed and saddened when an individual cannot think of one single person they trust or to whom they could go for help. They have no bridges; they have all been burned.

The obstacles? They still remain. We are sometimes tempted to think that insulating ourselves from others will eliminate the need for bridges. Experience renders that thesis untenable.

Relational bridges are as strategic in your life as a warrior as structural bridges are to transportation. They are places of vulnerability that require an incredible investment of human capital and they are forever prone to attack.

When I came into the military, I was not aware of one individual in the Navy or the Marine Corps that I could even call an acquaintance. I suspect more than a few young enlisted personnel could say the same regarding knowing personnel at MCAS Iwakuni.

Building relational bridges here is costly and it is most difficult to do when

significant bridges back home are falling. People understandably struggle to risk building new bridges while the smell of smoldering ruins still lingers. So long as obstacles remain, and they will, we need to build and maintain these relational bridges.

Your connections to people back home and your connections to people here both require intentional effort.

Psalm 68.6 says, "God sets the lonely in families." I have seen this happen. I have observed the obstacle of a six-month deployment spanned by the structure of thoroughly positive human relationships. I have witnessed safe passage over the lonely obstacle of isolation through daily decisions to continue the journey on the narrow path of vulnerability.

In three years, I have witnessed relational bridges whose beauty far surpasses the peace and intrigue of the alluring Kintaikyo. I have seen the lonely set in families. For this, I thank God.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

The following questions pertain to the Summer Volunteer Youth Program for Station students and are answered by Lynne Hammonds, American Red Cross Station Manager.

1. What is the Red Cross summer hire program?

The Summer Volunteer Youth Program is designed to give the youth on Iwakuni something meaningful to do during the summer while simultaneously giving Marines a chance to get caught up on some of the busy work that always seems to be piling up.

2. What are the requirements to be hired?

Requirements are 12 to 17 years of age, with Status of Forces Agreement status. Last year we had 28 youth who worked 580 hours. While this is currently a summer program, we do have youth volunteers who work throughout the year on special projects or during holidays.

3. Where can you work?

We have teens at American Forces Network, Public Affairs Office, Station Veterinarian facility, Library, M.C. Perry, Camp Adventure, Aquatics Center, Youth/Teen Center and

other offices around base. We are still in need of offices to place teens and would love to hear from anyone who could use some summer help.

We try to teach professionalism to the youth and a job interview with the supervisor is mandatory. There is a dress code and youth are expected to treat the position like a job, calling in when going to be absent, etc. We try to match positions with interests so if a child is interested in a particular field, we try to place them where they can get some experience. Currently, we are looking for some teens to work to put together a Day in the Life of Iwakuni photo CD for newcomers.

4. Do people in the program get paid?

This is strictly a volunteer program. Volunteer hours go for credit toward scholarships which looks very good on college applications. The Red Cross will also award any youth who volunteers over 20 hours with a free Baby-Sitting Course, or a CPR/First Aid Course.

5. Can someone who is on college break from the U.S. be allowed to work in the program?

Yes, as long as they have base access.

6. What are the requirements to work with children?

Our teens are children but they are also required to get a background check if they want to work with children just like the adults.

CHATTERBOX

"Currently, Congress is debating an amendment to the constitution making it illegal to burn the flag. If approved, the constitutional amendment protecting Old Glory would become the first in America's history to restrict freedom of speech and freedom of political protest. We hit the streets once again to find out your opinion on the matter. So, we were wondering ..."

Should it be illegal to burn the flag?



First Sgt.
Fernando
O. Cabral
Pawtucket,
RI

"Yes, because the flag represents the battles fought, and the lives lost to get us where we are today. If a flag is to be burned it should be burned according to the proper procedure. Burning the flag any other way is defiant to who we are today."



Lance Cpl.
Aron K.
Harrity
Kansas
City, Miss.

"No. One thing about the rights we have in America is that stupid people can exercise them too, so we can't stop them just because we don't agree with it."



Tara J.
Tyre, 17
Springfield,
Miss.

"Yes, because it is disrespectful to the country and the people. I think burning the flag should be a death row wish."



Lance Cpl.
Joshua R.
Boeck
Berlin, Wis.

"No. Being an American gives you the right to freedom of choice. If they take this right away, what stops them from taking away others in the future?"



LANCE Cpl. LENDUS B. CASEY
Combat Correspondent

Naval Mobile Construction Battalion 74 Seabees, detailed to Marine Corps Air Station Iwakuni from Gulfport, Mississippi began saving the facilities Department here more than \$390,000 since June 22.

The NMCB 74 Seabees will save the money by accomplishing nearly \$575,000 of construction work throughout the summer and fall with labor at no cost.

"We do construction jobs that are too small to source out to contractors," said Chief Petty Officer David A. Harfmann, senior enlisted.

The detachment will be working on various projects during their deployment here. These projects include a construction of the Motor Transport's Tire Storage Facility, relocation of a steel canopy for environmental services, construction of an X-ray screening facility at the Main Gate, and construction of 58 handicap ramps on Station.

"This experience is dual-purposed. It will give the Seabees on-the-job training and the Station will receive low-cost construction work," said Lt. j.g. Michael W. Carr, officer in charge of NMCB 74.

Before coming to Iwakuni, NMCB 74 made significant contributions to 1st Marine Expeditionary Force's successful campaign to destroy Saddam Hussein's regime and liberate the people of Iraq.

The battalion completed the largest pre-hostilities construction project and played a defining role in shaping the Naval Construction Force's operational scheme of maneuver for contingency.



They provided superb contingency engineering support to First Marine Division during the war, enhancing mobility for assault forces' logistics and constructing countless force protection and battle space sustainment improvement projects.

The main forces of NMCB 74 are now located in Okinawa and have various detachments located throughout the Pacific.

The Seabees located here are only 17 strong and have a long road ahead of them before finishing their project.

"The Seabees will finish the construction around the December time frame and are scheduled to turn over with another battalion," said Carr.

LEFT: Construction man Elizabeth L. Voegtlin, Seabee crew member, places support beams inside the brick-mold frame for the upcoming Motor Transport Tire Storage facility. TOP: Petty Officer 3rd Class Eric S. Martinez, Seabees steel worker, measures the frame of a brick mold before sending it through the cutting process. RIGHT: Petty Officer 3rd Class Dustin A. Bozzo, Seabees builder, cuts the backing of a brick mold to its proper size.

NEWS BRIEFS

CENTRAL TEXAS COLLEGE

Registration for Term 1 classes is Aug. 1-12. Classes are from Aug. 15 to Oct. 8. For more information contact Jessica at 253-3631 or stop by at Family Services Building, room 109.

PAYMENTS FOR OFF BASE TELEPHONE SERVICES

The Station Telephone Office is not accepting payments for off base telephone services.

To make phone payments on base, off base residents may pay their bills at the Community Bank for a small fee. Bills may also be paid at 7-11, Lawson, Family Mart and other stores located off base. For additional information call 253-5555.

KINTAI BRIDGE, DOWNTOWN IWAKUNI NEWCOMER CLASS

Incoming Station residents can take the Kintai Bridge and Kikko Park tour Aug. 3, from 8:45 a.m. to 2 p.m., which will take them to the Japanese Green Tea Cafe, a short downtown Iwakuni tour to explain the Japan Railway train schedule and time to shop at the 100 Yen Shop. For more information call 253-6165.

STATION BACKYARD BARBECUE

Men's Fellowship Ministry will be putting on a tasty barbecue behind Barracks 314, from 11:30 a.m. to 1 p.m., July 23. It is a good opportunity for everyone to come out, eat and have a good time.



Marines engage in colorful combat

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

HARAMURA, Japan — Combat Service Support Detachment 36 Marines, deployed for Exercise Dragon's Fire, commenced in force, paint splattering action here, July 7.

"The paintball event we put on here is more of a motivational tool," said Staff Sgt. Gavin Blackmer CSSD-36 training chief. "We do advise the Marines to use the tactics they learned and to revert back to the training. We want them to move as a unit and help control each other as a unit. When we came out here, we tried to bring out an extra incentive and it motivates the Marines as well."

During the matches, based on the rules of capture the flag, the nine Marines in each squad were handed a paintball gun and 30 rounds of ammunition. Separated by a wooded, vegetated field of water-filled man-made trenches the Marines waited as sweat ran down their faces for the go. It was a chance for them to apply their tactics and take the "enemy" out with swift movements learned during earlier applications.

"The key to overcoming the enemy was patience," said Lance Cpl. Samuel Ray, CSSD-36 fiscal clerk. "We waited until they came for us and killed them all. Afterward we moved in for their flag, which in this case was a camelback."

The Marines became aware of the how important it was for them to not get shot. The paintballs were a symbol of much more than defeat in a simple game. They showed who would and wouldn't walk away from a live-fire fight.

"The realism came in to effect a little more when they realized, even though it may just be a paintball, they could get shot as well as their shots could hit or miss a target," said Blackmer. "You could see them buckle down and put a little more thought into how they moved and how they employed their personnel."

"It gave us a chance to actually practice our training instead of shooting blanks at each other,"

added Lance Cpl. Justin Priest, CSSD-36 supply clerk. "It forced us to use tactics we have been taught in the past."

The last event of a three-day deployment, the Marines could see the results of a stronger bond which had developed as they endured squad movements from dawn till dusk, navigation classes, weapons training, lack of sleep and immense heat side by side.

While moving in on the other squad, each Marine protected their fellow brother or sister out of natural reaction without any hesitation, turning their head to make sure their fellow Marine was safe. The training was a success.

"We relied on each other to watch our back," explained Priest, adrenaline still pumping after the last round of paintball. "During the squad movements section, while some were in the rear protecting the base, we had to rely on the person right next to us to prevent us from getting killed. Everybody joins for this reason; we don't join to sit behind a desk. We know that during the time of war we are going to get sent out there and do what is expected of us."



Photos by Lance Cpl. Cristin K. Bartter

TOP: Lance Cpl. Christopher Hand, Combat Service Support Detachment 36 organization auto mechanic, takes cover behind to sneak up on the opposing squad. BOTTOM LEFT: Petty Officer 3rd Class Jonpaul Padilla, CDDS-36 corpsman, moves within the trenches to attack his enemies. BOTTOM RIGHT: Lance Cpl. Jose M. Ramirez, CSSD-36 motor vehicle operator, admits defeat after being pelted with a paintball.



Marines train at indoor range

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

HARAMURA, Japan — Marines with Combat Service Support Detachment 36, deployed for Exercise Dragon's Fire to conduct weapons training in the Haramura indoor rifle range, July 7. The detachment of 23 Marines was given the opportunity to train and refresh their skills with the M-249 SAW, M-16 A2 service rifle and 9mm pistol.

"The importance of the Marines coming out to the field and training with weapons is to give them a better feel of what's going to happen out



Photos by Lance Cpl. Cristin K. Bartter

ABOVE: Cpl. Eric Geyer, Combat Service Support Detachment 36 armorer, gets trigger time behind a M-249 SAW at Exercise Dragon's Fire, Haramura indoor rifle range. This exercise was the first time these Marines trained at this indoor range. TOP LEFT: Cpl. Christopher Kessinger, CSSD-36 armorer, adjusts his front sight post after Battlefield Zeroing his M-16 A2 service rifle.

there in a real world situation, not just back in garrison," said Sgt. Stacy Dobbins, CSSD-36 armorer.

Walking into the long range, decorated with numerous holes on every wall, the Marines were given a safety brief about the rules and regulations while on an indoor range. Such rules consisted of, "Do not shoot the walls and listen to the directions."

After receiving 100 rounds, each Marine anxiously waited to get their chance to get behind the M-249 SAW and do what they are trained to do—kill the enemy. Dobbins, the range controller for this exercise gave the

Marines the go. The walls reverberated as they went wild on their targets.

"That was some good training, pretty intense," said Cpl. Adam Rush, CSSD-36 heavy equipment engineer mechanic after sending 100 rounds through his target.

The Marines then Battlefield Zeroed their M16-A2 service rifles to begin training with them. The exercises consisted of tactically approaching two, different colored, hostile targets. The instructor would shout the color of one of the two targets and the Marine would fire two shots in it and move forward for the next color.

"You can appreciate the M16 all you want, but until you actually fire it and approach targets, you don't know what you're getting yourself into," said Lance Cpl. Justin Priest, CSSD-36 supply clerk.

With every movement and every shot the Marines understood the importance of the training. Each one of those weapons could very well save them or their fellow Marine when confronted by aggressive enemy fire.

"A lot of these Marines will get to see Iraq or any of the upcoming situations we will have to deal with and they need to be prepared 24/7," said Dobbins.

CSSD-36 from Page 1

enhance these Marines' skills for when they do get deployed somewhere else," said Gunnery Sgt. Andrew Smith, CSSD-36 detachment gunnery sergeant. "They will already have a taste of what to expect."

The small detachment of two squads conveyed to the site to work on land navigation, weapons training and day and night tactical movements.

They initiated the first day by setting up their bivouac sites and strategically placing their defensive positions.

"It was their responsibility to employ their weapons and personnel as they saw fit to secure their des-

ignated area," said Staff Sgt. Gavin Blackmer CSSD-36 training chief.

Crawling through thick foliage and spider webs, each squad had to accomplish various missions in order to successfully gain intelligence information of the opposing squad's position and forces.

"We had only one set of Night Vision Goggles for eight people and about 150 meters to work with so it wasn't easy to find the other squad's position," said Pfc. Jose Ramirez, CSSD-36 motor transport operator.

During one of the missions, the enemy unexpectedly ambushed Ramirez's squad. "We went in and we couldn't really see anybody or hear anything," explained Ramirez. "As we were creeping up, I thought I

heard someone. The next thing you know we were getting attacked from every direction. In the end, although we were ambushed, I thought it was really good training."

This training evolution gave Marines some experience in the field of combat and accomplished its goal, to get the Marines tactically proficient.

"It was a good training evolution. The Marines were a little fatigued and it was warm out here, but the objectives we set out for them were met and everything we did here we are unable to do in the work environment," explained Blackmer. "Any day we can get the Marines out of the office and put them in the dirt is a good training day."

TOBACCO from Page 1

death among both men and women. Smoking causes 87 percent of these deaths.

"If a person smokes for an extended period of time eventually it will wear down the whole body system and not just the lungs," Gilchrist confirmed. "People who chew tobacco stand a much greater risk of developing cancer

in the mouth, tongue, and in the neck."

Smokeless tobacco isn't any safer than smoking. Smokeless tobacco causes tooth abrasion, gum recession, tooth decay, tooth discoloration, bad breath, nicotine dependence, unhealthy eating habits, and numerous types of cancer.

"They [smoking and chewing tobacco] are equally bad," says Lt. Cmdr. Willie S. Chao, 11th Dental Company De-

tachment general dentist. "The frequent use of tobacco products can cause soft tissue changes in the mouth which could lead to cancer."

Signs of cancer in the mouth include a sore that won't heal, lumps or white patches, a lasting soar throat, chewing difficulties, the movement of the tongue or jaw is restricted, and/or a feeling of something in your throat.

There is a class available for tobacco

users who are willing to kick their bad habit.

The Branch Health Clinic offers a free "Tobacco Cessation Class" every month for all active duty and SOFA status personnel.

"The class helps people find substitutes for chewing or smoking tobacco," said Gilchrist. "Any other questions or concerns they may have are discussed as well."

Cleanup - way to pitch in, help city

LANCE CPL. LUKAS J. BLOM
Combat Correspondent



Lance Cpl. Lukas J. Blom

More than 40 Station volunteers spent their Saturday cleaning up the swimming area at Kusunoki Dam, which holds back the water of the Nishiki River, during a community cleanup effort, July 9.

Equipped with 11 gas-powered weed wackers, the volunteers attacked the overgrown vegetation of the swimming area with safety and beautification in mind.

"This was a great way for the Seabees to give back to the community," said Petty Officer 3rd Class Dustin Cadina, Station Facilities construction electrician. "The kids like to come out here when the weather warms up to go swimming off the dam. The grass and weeds were growing so tall that it was a safety concern of the local community because parents were not able to see their children when they were swimming."

The volunteers revved up the engines of the weed wackers, which were outfitted with 10-inch circular metal blades to saw through the thick vegetation, at 8 a.m. despite the relentless rain that hammered the volunteers throughout the day.

"The rain actually made us work faster," said Cadina. "As Seabees, it doesn't matter how hard it rains. We'll get the job done."

As the team of 11 volunteers sawed through the brush, the rest of the volunteers armed themselves with rakes, garbage bags, pick axes and gloves to pick up the sheered vegetation and trash from the riverbed.

"As friendly as they have been to us, this is a way that we can use our trades to return the hospitality to the local community," said Seaman Jeffery Searcy, Station Facilities builder. "They've given us a very warm welcome, so we're just trying to return the favor."

After working through the rain for more than four hours, the volunteers were treated to a surprise gift courtesy of the Seabee Association. Erecting a tent to give the volunteers a brief reprieve from the rain, the Seabee Association provided a free barbecue for the wet and hungry volunteers.

"They brought out hot dogs, burgers, chips and sodas for everyone," said Cadina. "It was a great way for the association to give a thank you to all the people who were taking their own personal time to help the community."

When the group was finished with the project, they each took a step back to admire their accomplishment, and the drastic change of the appearance of the park.

"Everyone did a fantastic job," said Cadina. "They were working together really well, and basically just giving 100 percent to the project. I think the community will be happy with the results."

Translation of this story found on page 10.
本文記事の日本語訳は10ページを参照して下さい。



Lance Cpl. Lydia Davey

ABOVE: A volunteer picks a weed at the Kusunoki Dam during the cleanup project on the banks of Nishiki River. More than 40 Station residents volunteered for the cleanup. RIGHT: Lance Cpl. Eric S. Holan, Headquarters and Headquarters Squadron training clerk mans a gas powered weed wacker.

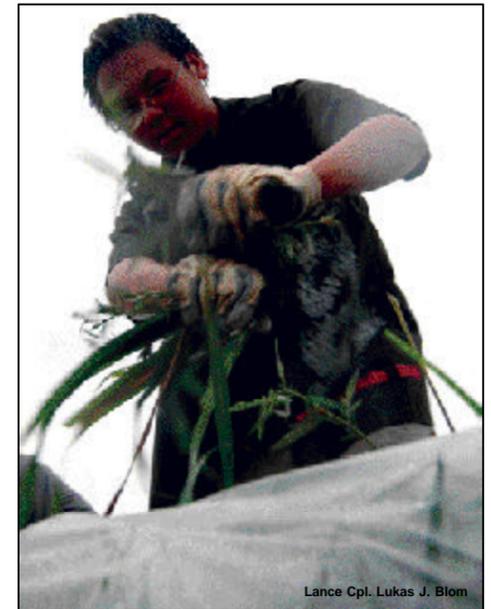


Lance Cpl. Lukas J. Blom



Lance Cpl. Lukas J. Blom

TOP: A weed wacker sits in the mud as volunteers prepare to cut through the vegetation at Kusunoki Dam, July 9. The cleanup project took aim at beautifying and adding safety measures to the swimming area. ABOVE: Garbage bags full of weed clippings wait to be transported back to the Station to be disposed of. The volunteers filled dozens of garbage bags with the vegetation. RIGHT: A young boy grabs a handful of weed clippings and shoves them into one of the many garbage bags at Kusunoki Dam which controls the flowing water of the Nishiki River.



Lance Cpl. Lukas J. Blom

Aquarium is Osaka's new splashing attraction

AARON S. ROMAN
Volunteer Correspondent

Osaka has just opened the newest of Japan's aquariums. Bigger and better, this aquarium features a variety of different animals and attractions for all. Every step in the aquarium is an adventure through new lands while seeing strange creatures.

There are hundreds of different sea animals featured at the aquarium which were found along various parts of the ring of fire.

The ring of fire is a belt along the Pacific's volcanic areas including New Zealand, Eastern Asia, the Aleutian Islands of Alaska, and along the coast of north and south America. Not only does the aquarium offer sea creatures, but land creatures as well. Monkeys, birds, and even a sloth are included.

Yet, out of all the fascinating creatures only one has everyone's attention, the whale shark.

Though still young, the whale shark has become the star of the aquarium. He lives in a tank with

sharks, rays, barracudas, and other colossal fish. There are at least 30 viewings of the tank and many people crowd around each one. Getting to the window is hard

enough, but trying to take a picture is even harder. It's not easy getting a picture of the whale shark without a hand or head blocking him. Even so, this giant is fascinating to look at.

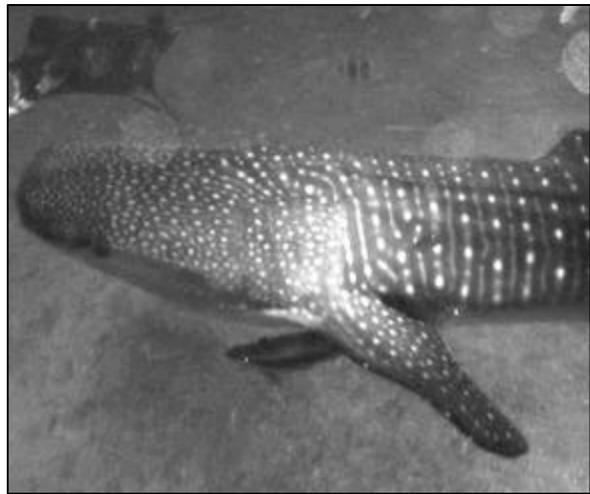
Finding this aquarium is not hard. Many signs will lead you to a bus stop, where you can catch a shuttle straight to the aquarium, or look for the Ferris Wheel. The aquarium will be adjacent to it. The aquarium will teach and fascinate people of all ages. It guarantees an enjoyable stay for the whole family,

and it shows how fun learning can be. Hours of operations are 10 a.m. - 8 p.m. daily. The aquarium is only closed 7 days a year, see their Web site for the listing. For additional information on the aquarium visit <http://www.kaiyukan.com/eng/>.



Photos by Abe J. Roman

ABOVE: Kids and adults crowded around the coral reef shouting "Nemo" as the two clown fish swam around. LEFT: The penguins waddled around as visitors waved at them, enthusiastically trying to get their attention. BOTTOM LEFT: Dina Roman, 7, looks up, amazed at the beautiful fish swimming by in the Osaka Aquarium. BOTTOM RIGHT: Spectators enjoyed watching young whale shark swim in a tank with other sharks and rays.



OUT THE GATE

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

Kangen Festival and Lantern Parade

There will be a Monarchial Age festival held at Miyajima Island July 22.

A ceremony starts at 4 p.m. at the Itsukushima Shrine. Colorfully decorated boats will leave the shrine around 5 p.m. to cruise along the coast.

They will return to the Nagahama Shrine around 8 p.m. to start a lantern parade. Admission fee is required to enter the Itsukushima Shrine.

It may be cancelled in case of inclement weather. Call 0829-44-2020 for further information.

French Embroidery Display

A display of 45 French embroidered crafts takes place at the exhibition hall in the Iwakuni City Central (Chuo) Library until Sunday.

Visitors can view embroidered screens, umbrellas, scroll pictures and more.

The library is closed on Monday. Admission is free. Call 31-0046 for more information.

Tsuwano Town Yasaka Shrine Gion Festival

This festival with Sagi (heron bird) Dance will be held Wednesday, July 24 and 27 at the

Yasaka Shrine in Tsuwano Town.

The dance will be performed Wednesday, 3:15 p.m., July 24, 2 p.m., and July 27, 4:10 p.m.

Children's Sagi Dance will be also seen Wednesday, 1:10 p.m.

The dance will be performed at 3 p.m. in the Town Gym in case of rain. For more details, call 0856-72-0650.

Flowers and Birds Drawings Exhibition

There is a 31-piece display of paintings depicting birds and flowers, mainly drawn in Edo, Meiji and Taisho eras, at the Chokokan Museum near the Kintai Bridge now through July 24, 9 a.m. to 5 p.m.

The museum is closed Tuesday. Admission is free. For details, call 41-0452.

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.

THE TORII TELLER CLASSIFIEDS ARE NOW AVAILABLE ONLINE .
TO ACCESS, PLEASE VISIT
[HTTP://WWW.IWAKUNI.USMC.MIL/TORII_CLASSIFIEDS.HTML](http://www.iwakuni.usmc.mil/TORII_CLASSIFIEDS.HTML)



AUTOMOBILES

Toyota Grand Saloon, 1995, van, runs great, couple rough spots on the body, will PCS around Aug. 10, JCI until Sept. 2006, \$1,200 obo. Call Tomasz or Ewa at 253-2042.

Suzuki Escudo, 1991, 2-door, JCI until Aug. 2005, \$500 obo. Call GySgt. Scott at 253-3578 dwh or 253-7144 awb.

Honda Civic, 1995, compact, runs great, new tires/battery/timing belt, couple rough spots on roof, will PCS around Aug. 10, JCI until Aug. 2006, \$1,800 obo. Call Tomasz or Ewa at 253-2042.

Nissan Skyline GTS-T, 1994, 2-door coupe, very nice, clean, well kept and maintained, JCI until Oct. 2006, \$3,500. Call Hyonsu Ko at 253-6895 dwh or 253-6686 awb.

Mitsubishi RVR, 1991, 4-passenger van, P/W, P/L, good condition, JCI until April 2006, \$800 obo. Call 253-2129 and leave message.

Suzuki Wagon R, 1995, 3-door, runs great, new tires, new paint, near new, Mercedes-Benz, \$10,000. Call Woodland digital at 253-3578 dwh or 253-7144 awb.

Honda Ascot, 1993, 4-door, cold A/C, P/W, P/L, P/S, rear tinted windows, AM/FM/CD/mini disk player, well maintained, no mechanical problems, JCI until Oct. 2005, \$1,200 obo. Call Carey or GySgt. Barton at 253-3267 dwh or 253-2749 awb.

Nissan Sunny, 1993, 4-door wagon, tuned up, runs great, clean, Kenwood stereo, road tax/recycling fee paid, JCI until Aug. 2006, \$1,500 obo. Call Jenny at 253-2661.

A from A to Z

Misc., kerosene heater, excellent condition, digital, Toyotomi, \$90. Call Mark at 253-5353.

Misc., assorted plastic flower pots, free; Halloween decorations, free; Jungle Boots, newly new, green upper, size 9 1/2 W, free; Jungle Boots, newly new, black upper, size 10 W, free; Pampered chef mini loaf pan, never used, \$30; complete 20 pc. dinnerware set, \$25; Hoover vacuum cleaner with extra bags, \$40. Call Carey or GySgt. Barton at 253-3267 dwh or 253-2749 awb.

MCCS (253-3030) (The following jobs are open at MCCS Personnel)
MCCS Job Listing:
-MCCS Director
-Support Director
-Security Guard
-Procurement Assistant
-Sales Associate

Misc., large multicolored chair, light green ottoman, swivels, \$50. Call Julie at 253-2469.



JOB OPENINGS

CHRO (253-6828)

MCCS:
-Psychologist/Social Worker
-Transition Program Counselor
-Information & Referral Assistant
Facilities:
-Electrical Engineer
Clinic:
-Occupational Health Nurse

Commissary:
-Store Worker
Logistics:
-Supervisory Contract Specialist
-Transportation Assistant

IPAC:
-Supervisory Resources Management Specialist
AHO:
-Air Traffic Control Specialist (Terminal)

IIO:
-Management & Program Analyst (TQL)

MCCS (253-3030) (The following jobs are open at MCCS Personnel)
MCCS Job Listing:
-MCCS Director
-Support Director
-Security Guard
-Procurement Assistant
-Sales Associate

-Sales Associate Cashier
-Store Worker
-Senior Sales Associate
-Sales Associate Cashier
-Retail Area Supervisor
-Retail Operations Assistant
-Materials Handler
-Inventory Control Assistant
-Janitor
-Automotive Shop Supervisor
-Auto Hobby Shop Supervisor
-Arts And Crafts Manager
-Recreation Attendant
-Manicurist/Pedicurist
-Beautician
-Gas Station Manager
-Recreation Attendant
-Food Court Assistant Manager
-Family Child Care Monitor
-Supervisory Recreation
-Operations Assistant
-Program Assistant
-Library Technician
-Office Automation Clerk
-Personnel Assistant
-Athletic Director
-Recreation Assistant Youth Sports
-Recreation Attendant Youth Sports
-Lifeguard
-Special Events Coordinator
-Computer Technician
-Computer Operator
-Automotive Worker
-Equipment Inventory Assistant Maintenance
-Marketing Office Manager
-Public Relation Assistant
-Video Production Technician
-Purchasing & Contract Specialist

MCCS (253-3727)

Summer Luau: Sunday, 5 p.m. at the MAC Dome. Featuring Ma'ohi Nui, Polynesian Entertainment. The show is free. Dinner tickets are currently available for purchase at the SNCO Cash Cage (\$15 for adults and \$7 for kids 12 years of age and under) and include reserved seating.

MCX (253-5641)
Santa Bucks: Until end of July. Receive \$1 Santa Buck for every \$10 single purchase. Redeem your Santa Bucks November 25 through December 24.
Back to School Sale: Thursday until July 31. Save on back to school supplies, clothes and more.

Youth & Teen Center (253-6454)
Teen Keystone Meeting: Every Friday, 7-9 p.m. Interested teens are welcome to join a committee to make the Teen Program better than ever.
SMART Girls Glass Village Trip: Monday, 8 a.m. to 4 p.m. Open to SMART Girl members and their guests. Enjoy a summer day with your peers. Admission is \$500 for junior high students and \$700 for high school students.

Marine and Family Services
PCS With Success Workshop: Today and July 29, 1-3 p.m. Service members anticipating PCS orders in the next three to six months are required to attend this workshop. Guest speakers from various departments provide information to make your next PCS move go smoothly. Today's session is for unaccompanied personnel; the July 29 session is for accompanied personnel. Call 253-3311 for more information.

How To Take Care Of Your Sick Child: Wednesday, 11:45 a.m. to 12:45 p.m. Parents learn how to determine what illnesses must be dealt with immediately, which illnesses can be treated at home, and what can wait until the next morning. Sandwiches and drinks will be provided. For details, call 253-6553.

Family Member Employment Assistance: This program assists spouses and other employee family members in exploring employment options and opportunities in their chosen career fields. For further details, call 253-6439.

Department Of Veterans Affairs Representative: Monday through Friday, 7 a.m. to 4:30 p.m. A Department of Veterans Affairs Representative will be at MCAS Iwakuni, in the Career Resource Management Center until mid October. He will be available for veteran benefit briefings, and to provide information and assistance to active duty and local retirees concerning disability compensation, the Montgomery GI Bill, VA Home Loan Guaranty Program, Veterans Group Life Insurance, and many other VA programs and benefits. Call 253-6439/4149 for more information or to schedule an appointment.

Video Swap: In addition to a paperback book swap, the library is offering a video swap. Bring in your old video or DVD and swap it out for another video or DVD you would like to see. The video swap will be conducted on a bring-one-take-one basis. Call 253-3078 for details.

Culture Quests (253-6165)
Kintai Bridge & Downtown Iwakuni Newcomer Class: Today, 8:45 a.m. to 2 p.m. Kintai Bridge and Kikko Park tour includes a visit to the Japanese Green Tea Cafe. A short downtown Iwakuni tour will briefly cover how to read the JR train schedule and shop at the 100 Yen Shop.

Mazda Motor Company Museum Tour: Wednesday, 11:30 a.m. to 3 p.m. Bring yen for transportation and lunch. MCCS bus service will be provided from Building 411 to Iwakuni Station.

MCTV CHANNEL 19

FRIDAY - 8 a.m. The Lizzie McGuire Movie (PG); 11 a.m./5 p.m. Doctor Doolittle 2 (PG); 2 p.m./8 p.m. A.I. (PG-13); 11 p.m./5 a.m. Courage Under Fire (R); 2 a.m. Jeepers Creepers (R)

SATURDAY - 11 a.m./5 p.m. Final Fantasy: Spirits Within (PG-13); 2 p.m./8 p.m. The Mummy Returns (PG-13); 11 p.m./5 a.m. Undercover Brother (PG-13); 2 a.m. The Dirty Dozen (NR)

SUNDAY - 11 a.m./5 p.m. Sky Captain & The World Of Tomorrow (PG-13); 2 p.m./8 p.m. Grind (PG-13); 11 p.m./5 a.m. American Outlaws (PG-13); 2 a.m. The Caine Mutiny (NR)

MONDAY - 8 a.m. Little Mermaid (G); 11 a.m./5 p.m. Spider-Man (PG-13); 2 p.m./8 p.m. The Fast And The Furious (PG-13); 11 p.m./5 a.m. Bridget Jones' Diary (R); 2 a.m. Hardball (PG-13)

TUESDAY - 8 a.m. The Cat In The Hat (PG); 11 a.m./5 p.m. Starsky & Hutch (PG); 2 p.m./8 p.m. The Hunt For Red October (PG); 11 p.m./5 a.m. Get Over It (PG-13); 2 a.m. Groundhog Day (PG)

WEDNESDAY - 8 a.m. Pocahontas (G); 11 a.m./5 p.m. Timeline (PG); 2 p.m./8 p.m. Showtime (PG-13); 11 p.m./5 a.m. Bridget Jones: Edge Of Reason (R); 2 a.m. Firefox (PG)

THURSDAY - 8 a.m. Mary Poppins (G); 11 a.m./5 p.m. White Chicks (PG); 2 p.m./8 p.m. 2 Fast 2 Furious (PG-13); 11 p.m./5 a.m. Eraser (R); 2 a.m. 15 Minutes (R)

MOVIE SCHEDULE

SATURDAY - 1 p.m. Kickin' In-Law (PG-13); 7 p.m. In-Law (PG-13)

SUNDAY - 4 p.m. Batman (R)

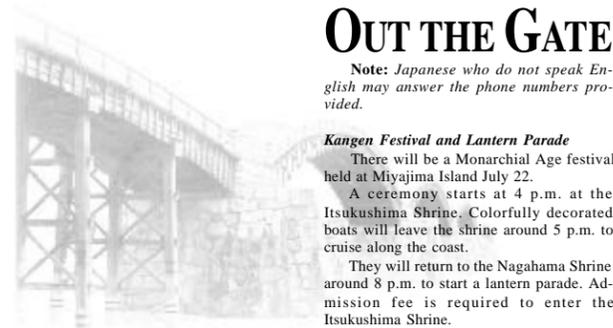
MONDAY - 7 p.m. Mindhunters (R)

TUESDAY - 7 p.m. Kicking & Screaming (PG)

WEDNESDAY - 7 p.m. Monster-In-Law (PG-13)

THURSDAY - 7 p.m. Mr. And Mrs. Smith (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.



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

Nihongo de...

清掃は市の役に立つもの

7月9日の地域一斉掃除で、40名程度を超える基地からの清掃ボランティアが楠木の井間の遊泳地区での清掃にあたった。原動力付きの自動刈り払い機11台で、ボランティアらは安全にまた周辺美化を心がけこの遊泳地区の生い茂る雑草と奮闘した。

「この清掃行事はシービー（海軍移動建設大隊）にとって何か地域社会にお返しができる素晴らしいものだ。」基地施設部建設電気工のダスティン・カディナ海軍三等兵曹は言う。「暑くなったら、子供達がここに来て井間で泳ぐ。雑草があまり伸びていたの、親御さんが見守るのに遊泳中の子供が見えなくなるのではないかと地域のみんなが心配していた。」

清掃ボランティアらは終日の雨天にもかかわらず、午前8時に、10インチのノコギリ歯タイプのディスクの付いた動力刈り払い機のエンジンをふかして生い茂った雑草を刈り込んでいった。

「むしろ雨のおかげで速く仕事が出来た。」とカディナは言う。「どんなに雨が激しく降ろうとも、シービーとして我々は仕事を成し遂げる。」

11人のボランティアがチームになって雑草を刈っている間、残りの人たちは熊手、ゴミ袋、つるはし、手袋で武装して、刈った草や川床のゴミを拾った。

「今回の清掃で、地元の人たちの親切にお返し出来る。」と、基地施設部建築工のジェフリー・サーシー上等水兵は言う。「地元の人たちの暖かい歓迎に、我々はお返しをしようとしているのだ。」

雨の中で4時間以上働いた後、ボランティアの人たちに思いがけない贈り物が、シービー協会の好意により贈られた。雨よけのテントを立てて、シービー協会は、ずぶ濡れで空腹になったボランティア達にバーベキューを振舞った。

「彼らは、ホットドッグ、ハンバーガー、ポテトチップにソーダを皆に持ってきてくれた。」と、カディナは言う。「地元のために自分の時間を使ってくれた人たちに協会がお礼をするのに、素晴らしい方法だ。」

課題をやり終えたとき、皆はそれぞれ仕事の成果と公園が見違えるほど変わったことに感心した。

「皆が素晴らしい仕事をしてくれた。」と、カディナ。「実際、100%の力を投入して、彼らは一緒になってとてもよく働いてくれた。地元住民が、この結果を喜んでくれると思う。」

Green thumbs awarded

Sgt. Major Randolph L. Mitchell, Marine Corps Air Station Sergeant Major, and Shayna Deppen, housing manager director, present Master Sgt. John S. Hackler, GSE Chief, with an award in appreciation for the time and effort spent manicuring his yard. Additional winners included: Maj. and Mrs. Razvillas and Capt. and Mrs. Petersen, both in Northside and GySgt and Mrs. Henry in Monzen.



Lance Cpl. John S. Rafoss

Mess Hall Lunch Menu

Week Of July 18-22

Monday - Manhattan Clam Chowder, Chicken and Rice Soup, Sauerbraten, Caribbean Catfish, Steamed Rice, Oven Browned Potatoes, Red Beans, Calico Cabbage, Brown Gravy, Fresh Croissants
Tuesday - Beef Noodle Soup, Chicken And Mushroom Soup, Szechwan Chicken, O'Brien Potatoes, Noodles Jefferson, French Fried Cauliflower, Broccoli Parmesan, Brown Gravy, Cheese Biscuit
Wednesday - Tomato Noodle Soup, Chicken And Mushroom Soup,

El Rancho Stew, Caribbean Chicken, Steamed Rice, Noodles Jefferson, Brussel Sprouts, Simmer Corn, Corn Bread
Thursday - Minestrone Soup, Cream Of Broccoli Soup, Pineapple Chicken, Liver And Onions, Candied Sweet Potatoes, Okra And Tomato Gumbo, Green Bean Southern Style, Chicken Gravy
Friday - Beef Barley, Spanish Soup, Lemon Baked Fish, Beef Stroganoff, Potatoes Au Gratin, Grilled Cheese Sandwich, Cauliflower Combo, Black Eyed Peas, Chicken Gravy, Hot Dinner Rolls

CHAPEL RELIGIOUS SERVICES

Roman Catholic

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

Protestant

Sunday
9 a.m./10:30 a.m. Sunday School & Adult Bible Fellowships
10:15 a.m. Non-Denominational Christian Worship
11:45 a.m. Gospel Worship Service

Cooperative Chapel Ministries

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

LAY LED RELIGIOUS SERVICES

Jewish

Friday
6 p.m. Shabbat Service

Seventh-Day Adventist

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

Episcopal

Sunday
7 p.m. Worship Service

Church of Christ

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

The Church of Jesus Christ of Latter-Day Saints

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

OTHER SERVICES

Islamic

Friday
12 p.m. Prayer

Nichiren Buddhist

Call Chapel for POC information.

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

VACATION BIBLE SCHOOL

The Vacation Bible School for preschoolers through sixth graders will be held at the Station Chapel Aug. 1-5, from 6-8 p.m. Children can register at the foyer of the Chapel. For more information, call Carol Nash at 253-4323 during working hours or 21-8043 after working hours.

Station residents pound pavement for running club

LANCE Cpl. JOHN S. RAFOSS
Combat Correspondent

No matter what Military Occupational Specialty a Marine is in, running is a sport that all Marines participate in. There are no special skills involved in it, just one foot in front of the other.

The Iron Works Gym hosts two running clubs that last all year long, making it easier for everyone to enjoy the activity.

"The first club is an incentive program where you run on your own pace and when you reach a certain amount of miles, you get rewarded with prizes," said Billie Scott, health promotion director.

For 100 miles you earn a certificate, 200 miles a baseball cap, 500 miles a t-shirt, 1000 miles a sweatshirt, 2000 miles a windbreaker. The awards must be picked up within three days after turning in the log sheet.

In this program you are given a running log sheet. After each run you record the date and how many miles you have just ran. Then when the goal has been reached you bring it in to the gym and receive your prize.

"The program is based on the honesty system," said Daniel Santos Javier, health promoter secretary. "We expect you to be honest when you turn in your running log sheets."

The second running program the gym offers is very different.

"In our second running club, experienced runners participate in local Japanese races," said Billie Scott,

Health promotion director. "For these running trips we usually take about 10-15 people, making it hard and competitive to get in," she said. "You have to be really good and experienced to take part in these trips."

The harder and more popular the race, the more competitive it will be to participate in.

"We are competing in a Mt. Fuji run this month," said Todamasa Uemura, recreation specialist and race director. "It is reserved for the most elite runners. We don't recommend this race for the casual runner."

"I have only seen a couple of people actually finish this event in the past," said Uemura. "So it can be rather harsh."

"The second running club is not for everyone," said Scott. "However, the first incentive program is on your own and is a great way to get recognized for your hard work."



Lance Cpl. John S. Rafoss

Nicholas M. Gogol (left) and Michael A. Holt run on the seawall for daily exercise which can be used for the running club.



Lance Cpl. Cristin K. Barter

Station residents now have the opportunity to rack up their running miles to win prizes and recognition in the Marine Corps Community Services Incentive Running Club at the IronWorks Gym.

IWAKUNI SPORTS SCENE

Family Appreciation Day - Bowling

Saturday, 1-5 p.m. All games are half price. Call 253-4657 for details.

Majors-British Open - Golf

Saturday and Sunday. Pick your professional partner from the final round of the British Open at St. Andrews, Scotland. Add your score to your professional partner's final score to determine your team score. Team score determines winners. Sign up prior to playing and schedule your own tee time. Entry fee is \$10. For details, call 253-3402.

SWEAT Program (Strength, Wellness Education & Aerobics Training)

This new program at the IronWorks Gym is designed to help active duty remedial personnel who need to increase their physical fitness test scores and become healthier. The program includes a MicroFit Assessment, weekly weigh-ins (by request), monthly body

fat testing, weight management lectures, President's Challenge entry and attendance and progress tracking reports. Call 253-6359 for more information.

Japanese And American Goodwill The 18th Annual Sprint Triathlon

This triathlon consists of a 1.2K open water swim, 36K bike ride and a 10K run. Applications are available at the IronWorks Gym front desk. Registration ends Aug. 5 for SOFA, master labor contractor, indirect hire agreement workers and JMSDF applicants. Triathlon is Aug. 14. For details, call 253-6359.

Hoops For Life Basketball Camp

Camp participants will learn basketball fundamentals such as offense, footwork, ball handling, shooting, passing and much more. Camp runs daily Aug. 1-5, 9 a.m. until 3 p.m. Sign up before July 22 at the IronWorks Gym

front desk, but hurry because space is limited. For more details, call 253-3239.

Unit PT Paintball Challenge

July 22, 1 p.m. Only six four-man teams are allowed in the tournament. Tournament style play, or 15 minute total elimination rounds apply. Registration ends Monday. Call 253-5051 for details.

Passport To Health

Gym patrons receive incentives for accumulating 100 workouts. For further information, call 253-6359.

League Bowlers

All bowlers with a 2004-2005 ABC sanction card bowl for half price during open bowling. For further information, call 253-4657.

Moonlight Bowling

Every Saturday, 6 p.m. The event features three lights out games, three strike shots for cash prizes and one double cross super

progressive jackpot ranging from \$500-\$1,150. Reserve your lane today. \$10 includes the fee for all three games. Call 253-4657 for details.

Free Camping, Recreational Gear

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

Student Bowling

Matthew C. Perry students bowl for 50 cents per game on weekdays. Shoe rental is free. Call 253-4657 for details.



Lance Cpl. Lendus B. Casey

LEFT: Candace D. Fuller, Marine Corps Community Services IronWorks Gym personal trainer and aerobics instructor, helps Jonathan W. Haley, yoga student, with a technique in the yoga class hosted at the MCCA IronWorks Gym, Monday. **ABOVE:** Hiromi DelPrete, advanced yoga student, performs Ubhaya Padangusthasana, an Ashtanga technique, in the yoga class.

Yoga pushes body to its limit

LANCE CPL. LENDUS B. CASEY
Combat Correspondent

Introduced in the United States around the late 1970's, Ashtanga Yoga, is a type of yoga involving a coordinated breathing process with a series of postures producing extreme body heat and profuse sweating that detoxifies muscles and organs, resulting in improved circulation and a calm mind.

People who are looking for a good work out and the ability to control their body can practice this type of yoga at Marine Corps Community Services IronWorks Gym on Monday from 11:45 a.m. to 12:45 p.m., Wednesday from 8 to 9 a.m., and Thursday from 6:15 to 7:15 a.m.

"Yoga is a great way to control your body, making it do things it wouldn't normally do," said Candace D. Fuller, MCCA personal trainer and aerobics instructor.

IronWorks originally offered basic yoga classes, which are slow stretching exercises allowing students to relax their body. But for some Station residents the basic yoga wasn't enough. They needed something more intense.

"Our classes have tripled in size since we started doing Ashtanga yoga," said Fuller. "The reason its kicked off so well is because its not

just slow stretching. Even guys can do the class and still get a real workout increasing their range of motion so they can do better on their personal fitness test."

"I tried every aerobics class the gym offered and the yoga class was the best for overall fitness and flexibility," said Jorge R. Jimenez, yoga student.

Even residents who are new to yoga will have no problem keeping up with the class. It is broken up into two different groups based on experience. The advanced yoga students are put in front of the class and do the entire workout at their own pace. While, the beginner students are placed in the back following along with the instructor and receiving help as needed.

"We do hard stretches but none of them are impossible to do, so we are able to walk beginners through it and they usually have no problem at all," said Fuller. "I haven't had anyone complain that it was too hard or moving too fast."

Due to the growing popularity for yoga IronWorks plans on implementing more of a variety of yoga classes near the September time frame, according to Fuller.

For information about the Yoga classes offered at the gym, contact 253-6578.