

Torii Teller

VOLUME 50 NUMBER 27

MARINE CORPS AIR STATION IWAKUNI, JAPAN

JULY 22, 2005

INSIDE...

FEATURE

Former Navy SEAL now soars from above with VMFA-212

From being a U.S. Navy Seal to an F/A-18 pilot, this Marine takes life to its extreme limits.

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PHOTOFEATURE

Summertime is winding down

It's about that time again when Iwakuni Students get out of the pool and head back to school.

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SPORTS

Git' them turkeys!

Residents put a curve to their physical training norm by getting out of the summer heat to take on the pins at the Southside Bowling Alley.

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Lance Cpl. Lukas J. Blom

Sgt. Jordan Lewis, Marine Aviation Logistics Squadron 12 nondestructive inspection technician and volunteer, picks up a pile of collected debris during the clean up effort at Tsuzu Beach, July 14.

Volunteers clean beach mess

LANCE CPL. LUKAS J. BLOM
Combat Correspondent

More than 20 Station volunteers worked side by side with more than 300 volunteers from various local business and civic organizations within the Iwakuni community during the annual Tsuzumigaura Beach clean up effort, July 14.

The annual cleanup is designed to prepare the beach for Tsuzu's beach opening, Wednesday.

The day's events got off to a clean start with an opening ceremony consisting of local community leaders thanking all

the volunteers for sacrificing their time in order to give back to the community.

"We take advantage of so many resources within the community," said U.S. Air Force Tech. Sgt. Christopher A. Valgardson, 374 Communication Squadron site chief. "Since we don't pay taxes here, this is one of the ways we can give back and contribute to the community."

Each group was assigned a small section of the 500-meter

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。
see VOLUNTEERS Page 4

Station units head down under for Exercise Southern Frontier

LANCE CPL. MARK FAYLOGA
Operations Chief

ROYAL AUSTRALIAN AIR FORCE BASE TINDAL, Australia — The main body for Exercise Southern Frontier arrived here, Saturday, for what hopes to be another great training experience in the Australian outback.

The deployment, consisting of approximately 500 Marines and sailors from Marine Aircraft Group 12,

Marine Fighter Attack Squadron 212, Marine All Weather Fighter Attack Squadron 121, Marine Wing Support Squadron 171, Marine Aviation Logistics Squadron 12, Marine Aerial Refueler Transport Squadron 152 and 5th Air Naval Gunfire Liaison Company, is an annual exercise where Iwakuni units make use of various bombing sites and training capabilities provided by the Royal Australian Air Force.

"Southern Frontier is a great air-to-ground training opportunity because we don't have the luxury of

air-to-ground ranges in the local area," said Maj. Christian Ghee, MAG-12 detachment officer in charge. "Australia has a great training facility and that's what makes this deployment so important."

The pack of Station units came prepared with approximately 20 aircraft consisting of F/A-18Ds, F/A-18Cs and a couple KC-130s.

The units will also be bringing along the standard aircraft repair and maintenance equipment. With so see DEPLOYMENT Page 4

Too much sun can ruin summer fun, learn to protect yourself

MICHELLE PERRY
Volunteer Correspondent

The American Cancer Organization estimates 800,000 people are diagnosed with skin cancer each year. Station residents need to keep it safe by staying in the shade.

The sun gives off two harmful rays, ultra violet radiation A (UVA) and ultra

violet radiation B (UVB). UVB rays are the cause of sunburns; they create the pink color, the blisters, and the pain. UVA rays are much more dangerous to the skin. UVA rays go deeper into the skin and cause serious damage resulting in cancer and wrinkles.

"It is the damage in the DNA or the genetic materials in the cells that leads to abnormal cell growth, otherwise

known as cancer," explained Cmdr. Michael Jacobs, Marine Aircraft Group 12 surgeon.

According to the National Center for Chronic Disease Prevention and Health Promotion, melanoma has increased by 44 percent since 1973, and has become an epidemic in Australia. The rate of melanoma increases with age, but it is also one of the most com-

mon cancers found in people under 30. The chance of a man developing melanoma is 1 in 57, for a woman 1 in 81.

"People who have light skin, freckles, light eyes, and light hair are at a higher risk of developing skin cancer," said Lt. Seth Sullivan, Headquarters & Headquarters Squadron flight surgeon.

If residents choose not to take the see SUNSCREEN Page 4



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: Choices - Herculean Task

Lt. Tim Gaut
MWSS-171 Chaplain

Once upon a time, long, long ago, there was a figure of immense stature. You may have heard of him...his name was Hercules—or so the legend goes.

In one account, Hercules stopped to rest upon a large rock. The place where he stopped was at a fork in the road.

One side of the road led off into a beautiful, flowery meadow that gently sloped off into the distance. The other led up into a rigorous mountain pass.

He could not see the end of either path but he did see two young ladies coming toward him on each pathway.

One was a beautiful young woman adorned with colorful clothes, makeup and jewelry.

Casting a glance upon herself first and then to Hercules to see if he adored her, she invited him to come with her upon the pathway of pleasure.

She promised Hercules no worries, no troubles, no work—simply pleasure and fun. She used everything she had

to seduce him to follow her way.

The other young lady was more plain in appearance but healthy and vibrant.

Approaching Hercules, she looked directly into his eyes and told him she could not make such promises but she said she could tell him truthfully that he would endure some difficulties along her path.

She said that along the pathway of Virtue he would reap the consequences of his labors. Once offered, she left the choice up to him. According to the legend, Hercules chose Virtue's path.

Life choices are not always easy. Sometimes the temptations of pleasure are so very strong.

I recall (regrettably) overhearing a young couple discussing the purchase of a new car.

"This car has that 'thingybopper' I told you about," said the wife. "I don't need a 'thingybopper," replied the husband."

"You don't have to 'need' a 'thingybopper' to buy one!" she said in an indignant tone. "You do when you don't have the money!" he replied.

I saw them later in the day. They had indeed purchased the car—"thingybopper" included. The temptation of pleasure it seems won out over sensible spending.

Hopefully, they did not continue that destructive purchasing pattern and have since learned to avoid the dangers of overspending through the shelter of a budget. The consequences of overspending can be so very painful.

The Scriptures say, "A sensible person sees danger and takes cover, but the inexperienced keep going and are punished" Proverbs 22:3.

Hercules never existed and the two ladies he encountered in the legend were fictional as well. But his choice is a very real choice that we all encounter in many areas of life—the delusional fantasy of pleasure (without ever realizing the full benefit of all our labor) or engage life, choose our steps wisely and reap the rewards of our own labor.

The choice is yours. Live life to its fullest! But, be careful, making the choices along the way can sometimes be a "Herculean" task.

Ask the Inspector

MAJ. MATTHEW D. RAZVILLAS
Station Inspector

These are commonly asked questions about the role of a Victim Advocate on base and answered by Ms. Mary Page of the Marine and Family Counseling Services Office.

1. What is the role of a victim Advocate?

The Victim Advocate provides support to victims of domestic violence and sexual assault.

The VA is able to provide this support during law enforcement investigations, medical exams, or may accompany a victim to court.

The VA provides the victim with the available resources. The VA sits on the Case Review Committee to support the victim.

2. If there is a domestic disturbance what is the reporting procedure?

When there is a domestic disturbance incident, the first response is to call PMO. PMO assesses the safety, calls the VA and the Family Advocacy Program Officer.

The Family Advocacy Programs Office is called the next

working day and sets an appointment within 24 hours to assess the incident and the family situation.

3. What is in place at the FAP to ensure all parties are treated fairly?

There are numerous Quality Assurance checks in place to make sure that all family members are treated fairly. The Case Review Committee is a multi-disciplinary team which meet monthly to review all FAP cases.

The alleged offenders command is represented and votes on whether to substantiate a case or not, the level of severity and make treatment recommendations.

The Family Advocacy Committee is a multi-disciplinary Committee which oversees the CRC and assesses the needs of the community.

4. What is the range of counseling options available?

Counseling Services provides individual, couple, family counseling for children and adults.

Assessments are provided to commands when there are incidents of substance abuse or domestic violence. It is the responsibility of the whole community to prevent and intervene when such incidents occur. Stress and anger management classes are offered on a regular basis.

The New Parent Support Program offers many classes for new parents and families with children up to six.

CHATTERBOX

First you read about them and now you're watching movies of them. From Spider-man to the X-Men, Hollywood has it all. It seems that you can find your favorite superhero, not only in the comic books, but also on the big screen. With the new Fantastic Four movie coming out we can't help but wonder,

"If you were a superhero what powers would you want? Would you be a good guy or a bad guy?"



Pfc.
Jose H.
Ahumada
Brooklyn,
NY.

"I would be a bad guy and my power would be invisibility because no one could see me doing whatever I want."



Petty Officer
3rd Class
Rachel M.
Lewis
San Diego

"I would probably want to be a good guy. I would want to be either invisible or have the ability to fly. At least, if I'm invisible bad guys wouldn't be able to see me."



Lance Cpl.
Aric
Schroeder
Buffalo, N.Y.

"Bad guy. I would have telekinesis and teleportation powers because it would be fun. I could disappear from any situation and move things with my mind."



Petty Officer
2nd Class
Jason G.
England
CoeurD-
Alene, ID

"Good guy. My power would be teleportation. You can go anywhere and do anything."

Medical makes big splash with orphans

LANCE Cpl. CRISTIN K. BARTTER
Combat Correspondent

The Station Branch Health Clinic hosted an annual pool party at the main pool for 30 children from the Akebono Orphanage, Sat.

For more than 20 years BHC has shared a friendship with the orphanage. They have held at least two functions every year, a pool party in the summer and a Christmas party in December.

"We spend a lot of time planning these events," said Cmdr. Rachel Haltner, BHC commanding officer. "Most of the money we raise from our concession stands on Friendship Day go to these get-togethers. They are the highlight of our year."

The day got off to a splash with everyone enjoying the cool water of the pool under the blazing sun for a couple of hours. Most of the young kids remained in the shallow end as the older ones jumped off the diving board, receiving applause from Marines soaking in the sun.



Lance Cpl. Cristin K. Barter

Lt. j.g. Daniel Houlihan, Branch Health Clinic occupational therapist, squirts water on the children from the Akebono Orphanage, Sat.

"This is a lot of fun; these kids are wearing me out," said Lt. j.g. Daniel Houlihan, BHC occupational therapist, after spending time with the young children who were laughing and screaming as he would squirt water on them. "They

are looking for someone to have fun with and latching on to them."

After spending a couple of hours in the pool everyone dried off to play on the playground and eat lunch, which consisted of hotdogs, hamburgers, ribs,

pizza and more.

"The kids love American food just as much as we do," said Haltner.

The purpose of the event was more apparent with every smile and giggle from each orphan.

"I am having a lot of fun," said Kazuya Midaiyi after doing a cannonball off of the diving board, 12. "We all looked forward to coming here for the pool party."

"These events are really good for these kids because it shows them there are people out there who do want to spend time with them like a big brother or sister and that is what they need," said Houlihan.

Not only did their time radiate friendly vibes to the host nation, it touched the hearts of 30 children one more time this year.

"These events do help our bond with Japan, but these events are truly for the children," said Haltner. "These kids live on a remote island and just want to have fun. They are so wonderful and this pool party is for them."

Boy Scouts win honor troop for spirit

LANCE Cpl. JOHN S. RAFOSS
Combat Correspondent

Iwakuni Boy Scout Troop 77 won honor troop after pouncing out the competition at the Far East Council Summer Camp in Misawa, June 19-24.

Troop 77 triumphed over other scout troops from Yokosuka, Zama, Yokota, Misawa, Tokyo, Kuala Lumpur, and Malaysia.

"The scouts were judged on their scout spirit, campsite cleanliness and uniform appearance," said Louis Del Prete, assistant scoutmaster. "All of which the Iwakuni Boy Scouts had in abundance."

"Some bases had two troops representing them, so competition was stiff. At one point, one of the camp inspectors stated, 'Those Marines in Iwakuni really have it together,'" said Del Prete.

Troop 77 began training for the camp a month ahead of time. Scoutmaster George Suther put together a solid pre-camp preparation program. The boys worked on lashings, patrol flags, and other prerequisites for camp.

"As soon as we got there the boys latched together one flagpole with a cross bar for three flags, which included the troop flag, American flag, and the patrol flag," said Suther.

"Every morning after the main camp flag ceremony, the boys conducted their own flag ceremony at the camp site. And the same for evenings," said Del Prete. "This impressed the camp staff immensely."

The troop, also known as the Dragon Patrol, in spirited fashion came up with a Dragon call which was one of the elements that won them honor troop.

"We sang it so much that the two troops who lined up next to us started singing it with us," said Del Prete. "We did many things above and beyond. That really put us ahead of the other troops. We had a campsite safety day for our troops, which helped out. There were six major safety violations that scouts had to find and write a paragraph on how they could become safer scouts."

"The only thing we as leaders had to do was keep



Lance Cpl. John S. Rafoss

Neil E. Suther, senior patrol leader for Troop 77, folds the American flag, which was one of the reasons the scouts won honor troop.

up with the schedule and class location changes. The Senior Patrol Leader Neil Suther, who is an Eagle Scout, really led the Troop to victory," said Del Prete.

The trip was made possible due to time and donations from Genesis Masonic Lodge 89, Thrift clothing store, Marine Wing Support Squadron 171, Officers Spouses Club, Japanese American Society and the Community Bank.

NEWS BRIEFS

STATION SEALED BID SALE

Iwakuni Defense Reutilization and Marketing Office's next local sealed bid sale will start Monday. Property on sale can and should be inspected at DRMO from Monday through Wednesday. Bids must be received no later than Thursday 8 a.m. Property on sale includes furniture, military clothing, computer equipment and VCR. Call 253-3982 or 253-4089 for details.

CONFLICT ACROSS CULTURES WORKSHOP AVAILABLE

CHRO will be offering a one-day "Conflict Across Cultures" workshop on July 28 and again on the 29th. This workshop aims at helping participants understand, communicate, and work productively with persons of different cultures. If you are interested in attending the workshop, contact Mr. Tasaka at 253-6739.

FEMALE-SPECIFIC BOOTS NOW AVAILABLE AT EXCHANGE

Female-specific sized boots, ranging from sizes four to 11 are now available for purchase at the Marine Corps Exchange. If a Marine's specific size is unavailable, they can place an order for their size. For more information contact the Exchange at 253-5641, ask for Military Clothing.

FREE FOOD IN STATION BARBECUE

The Men's Fellowship Group is hosting a barbecue behind Barracks 314, from 11:30 a.m. to 1:00 p.m., Sat. Everyone is invited to enjoy ribs, chicken, links and much more. For more information contact RP2 Jones at 253-3371.

CORRECTION IN TORII TELLER

In the July 15th photo cut line on page 10, Shayla N. Deppen was erroneously identified as the Housing Manager Director. She is in fact the Housing Manager Assistant Director. The Torii Teller is committed to correcting errors that appear in the newspaper. To report errors requiring correction or clarification, call or e-mail the Torii Teller. The phone number is 253-5551; e-mail address is hercherdj@iwakuni.usmc.mil.

Marines bid Flock farewell, welcome Medina

Marine Corps Base Camp Smedley D. Butler, Okinawa, bid farewell to the commanding general and welcomed a new brigadier general at a change of command ceremony, July 8.

Brig. Gen. James F. Flock relinquished his duties as commanding general of MCB Camp S.D. Butler and deputy commander of Marine Corps Bases Japan, and passed the ceremonial flag to Brig. Gen. Joseph V. Medina.

Medina, whose credentials magnify his potential for the position as commanding general, expressed the island's position within the Pacific area.

"We enable combat forces to ensure peace and stability in the region, and that's very important," explained Medina as he addressed the numerous senior ranking officials for the Marine Corps, other branches of service and dignitaries from the local Japanese governments.

Flock, who has been reassigned to U.S. Marine Headquarters in Washington D.C., addressed the base's success was due to the work of the Marines, sailors, and civilian employees in Okinawa. "By Marine Corps Standards these bases are, in fact, in pristine condition."

Blackman passes command of III MEF

The commanding general of the III Marine Expeditionary Force and Marine Corps Bases Japan parted at a ceremony on Camp Foster, July 14.

Lieutenant Gen. Robert R. Blackman Jr. passed his duties as the commanding general of the III Marine Expeditionary Force and Marine Corps Bases Japan to Brigadier Gen. Christian B. Cowdrey, commanding general of the 3rd Marine Division, and Brig. Gen. Joseph V. Medina, commanding general of Marine Corps Base Camp Smedley D. Butler and deputy commander of Marine Corps Bases Japan. They will serve as the acting commanders for the III MEF and Marine Corps Bases Japan respectively until the U.S. Senate confirms Blackman's successor.

Blackman has been assigned as the commander of U.S. Marine Corps Forces Atlantic, in Norfolk, Va., where he will be responsible for five additional commands, U.S. Marine Corps Forces Europe; U.S. Marine Corps Forces South; U.S. Fleet Marine Force Atlantic; U.S. Fleet Marine Force Europe; and U.S. Marine Corps Bases Atlantic.

VOLUNTEERS from Page 1 stretch of the beach and tasked with picking up all visible trash.

"We worked with one of the civic groups from the community and basically adopted a little camping area next to the beach for the day," said Valgardson, who has been a part of the beach clean up for the past two years. "We've kind of made cleaning the camping area our tradition."

The environmentally conscious volunteers collected more than 6,000 pounds of combustible trash and 220 pounds of noncombustible garbage.

Not only did the community appreciate the volunteers' efforts, but the Station volunteers got the rare oppor-

tunity to work side by side with their Japanese volunteer counter parts.

"They're all really polite and very hard workers," said Seaman Dolph Lackey, Marine Aviation Logistics Squadron 12 aviation electrician technician. "I really enjoyed working with them."

When the project neared the finish, the volunteers looked at the beach and were able to see first hand how much of a difference their hard work was making.

"It looks a lot better than when we got here," said Lackey. "It was a lot of fun coming out here for the day. We got to be on the beach instead of work and we're also helping out the community."

It's Tool Time at Self Help

LANCE CPT. JOHN S. RAFOSS
Combat Correspondent

It's summer time and keeping up with your yard and summer cleaning can get quite expensive. Finding the right tools to mow your lawn and dissect all the annoying weeds is a must for all family housing residents.

But it doesn't have to drain your wallet. There is another solution - Self-Help.

Self Help is a popular service that lends out not-so-everyday tools and supplies to family housing residents, free of charge.

"The main goal of Self-Help is to provide items and tools to family housing residents," said Bruce L. Gorst, Director of Family Housing.

"Summer time is the busiest time for Self-Help," said Sho Ueno, warehouse man. "The most popular tools are the weed wacker, lawn mower, and the carpet cleaner."

Self-Help is not a very big hassle either. You simply sign out the tools you need and you can go about your business.

"It's a quick process," said Ayumi Yonemoto, stock control clerk. "Show up, fill out our form and you are ready to go."

All of the tools that are checked out are required to be brought back within five working days and they must be returned in clean condition. However, all power tools must be returned the following day.

The carpet cleaner is a very popular and useful tool among residents said Gorst. Instead of having maintenance come and do it, sometimes it is easier and quicker to just come and pick up the tools you need and do it yourself, he said.

Some of the other items that you can check out at Self-Help are brooms, buffers, dollies, paint, ladders, rakes, saws, shovels and many other household tools. Self-Help is very popular and useful among many family housing residents.

"It definitely comes in handy," said Ryan McNeil, management analyst. "It saves a lot of



Resident Ryan McNeil (left) stops by Self Help to pick up yard tools for his weekend yard maintenance. Sho Ueno, warehouse worker, hands him a weed wacker, one of the most popular items used this season.

Lance Cpl. John S. Rafoss

money from buying the products."

Self-Help is great for fix-up projects as well. However, before you have a project you want to start you need to submit a request to alter quarters, said Gorst.

"There are a lot of utilities underneath the yard and we just want to make sure it is safe before you start digging," said Gorst. "We also don't want residents to plant trees that could undermine the foundation of the housing or the sidewalks."

Not only does Self-Help offer the tools for your home, they also offer furniture to residents.

"All the furniture is brand new," said Girst. New residents who don't have furniture or are waiting for their own furniture to arrive can acquire it. It is required to have the furniture back after 60 days.

The Self-Help warehouse is located on Kuney Street, North side next to Fukuoka Soko. Their hours of operation are Monday through Saturday from 8:00 a.m. to 4:30 p.m.

DEPLOYMENT from Page 1 many aircraft in action maintenance and ordnance Marines will have their hands full keeping the birds in the sky and the bombs in the dirt.

During their time in Australia the units will fly various sorties, conduct air-to-ground training and work on core skills, flight lead designations, close air support and get forward air controller (airborne) qualifications for MAG-12.

Prepared for the training evolution, the Marines are ready to train and excited to work with the Australians.

"We've been looking forward to Southern Frontier," said Ghee. "Aside from all of the valuable training, we get to cooperate with the Australians."

SUNSCREEN from Page 1 precautionary measures they could suffer from premature aging, blistering, scars, and cancers. Sun exposure in a person's younger years may not affect them now, but it can affect their skins' appearance when they reach their thirties and forties.

There are many ways for people to protect themselves from sun damage.

"Find shade when you're outside, especially between 10 a.m. and 4 p.m.," Sullivan justified. "At the bare minimum people should wear an SPF of 15. It is important to reapply sun screen if you are going to be outside sweating, swimming, anything that could decrease the amount of sun screen you have on."

SEAL operates from cockpit of F/A-18

LANCE CPT. LUKAS J. BLOM
Combat Correspondent

U.S. Navy SEALs (Sea, Air, Land) are arguably the most highly trained Special Forces units in the U.S. Armed Forces. Their limitless skills and courage have inspired countless big-budget Hollywood films. Pilots of fighter jets have a very similar aura; the speeds and hairpin changes in direction that push and pull the body to its physical limits defy logic. Both of these occupations require nearly a lifetime of preparation; rarely does one have the opportunity to excel in both.

Capt. Aric Liberman, Marine Fighter Attack Squadron 212 F/A-18 pilot, not only earned both titles, but also has proven himself as an extremely valuable asset to both elite groups.

Growing up in Upper Marlboro, Md., Liberman spent most of his time running through the woods with his bow in hand stalking whatever prey he was hunting at the time. While bow hunting, he would often see jets and other military aircraft flying overhead from Andrews Air Force Base.

"As I was growing up I always wanted to fly," said the 34-year-old father of two.

Without a college education and determined to serve his country, Liberman was forced to consider other options than a pilot. Following high school graduation, and countless discussions with recruiters from all different military branches, Liberman signed a contract with the U.S. Navy guaranteeing him a seat in the next Basic Underwater Demolition SEAL (BUDS) course.

"I grew up wrestling my whole life so I was used to doing all the physical stuff, but BUDS was definitely the most challenging thing I've done to date," said the humbly, confident Liberman. "It matured me both mentally and physically."

Passing all the training requirements during the first five weeks of the nearly legendary BUDS course, Liberman entered the infamous "Hell Week" portion of training with newfound vigor and clarity.

"A lot of people think that Hell Week is actually the culmination of training, but in actuality it's just the beginning," said the former SEAL.

|| Going through BUDS, I had one mentality; I was going to be completely broken, or I would graduate. Fortunately, it was the latter. ||

"The thing that kind of slapped me in the face when I got through Hell Week was 'holy crap, this is my career path and it doesn't get any easier.'"

BUDS is a six month course which is designed to teach all prospective SEALs the basic skills in underwater demolition, diving and land warfare. Although BUDS has one of the highest attrition rates of any training program in the U.S. Armed Service, Liberman humbly insists it was not brute strength that helped him complete the course, but an all or nothing mentality.

"Going through BUDS, I had one mentality; I was going to be completely broken, or I would graduate. Fortunately, it was the latter," said Liberman.



Lance Cpl. Lukas J. Blom

Capt. Aric Liberman, Marine Fighter Attack Squadron 212 F/A-18C pilot, served in the U.S. Navy SEALs for more than nine years. He now fights his battles from the sky instead of from the sea.

Upon completion of BUDS, Liberman was placed with SEAL Team 2 based out of Little Creek, Va. Throughout his 5 year tenure with SEAL Team 2, Liberman was an integral part of the elite team. His skill as a marksman set him apart from the rest of team and he became one of the few snipers on the team.

Along with participating in missions during Desert Storm and Operation Deny Flight in support of the conflict in Bosnia, Liberman was chosen to teach new SEALs the art of sniping at the Navy Special Warfare Course.

Even within the SEALs, Liberman continued to show a heightened interest in air operations.

"Even with the SEALs, I always had an interest in air ops," said Liberman. "Basically that was my collateral specialty when I was with the SEALs. I was the point man, sniper, sniper instructor and did a lot of parachute training and Helo work like fast roping, SPIE (Special Purpose Insertion and Extraction) rigging and rappelling."

When the time came around to reenlist with the SEALs or go to college, the then Petty Officer 2nd Class was faced with a decision which ended up molding the rest of his career.

"I was accepted to SEAL Team 6 Development Group and a bunch of the colleges I applied to, so I had some thinking to do," said Liberman. "I knew if I didn't go to school right then, I would probably never go, so I made the decision that college was where my priorities were. It was probably one of the most difficult decisions of my life and it was extremely hard to walk away from the SEAL Teams."

Even though the decision was to pursue a degree, Liberman kept his foot in the door of the SEAL community by serving in the active reserves with SEAL Team 4 throughout his college years at North Carolina State University, where he earned a Bachelors Degree in Landscape Architecture.

Not only did Liberman gain a college degree at the University, he also met his future wife, Kelly.

"She has been so awesome since I met her," said the husband of four years. "I couldn't have a more supportive person in my life. I'm eternally thankful for her."

After graduating from North Carolina State University, Liberman was faced with yet another difficult decision, go back to the SEAL Teams as a commissioned officer or follow his childhood dreams of aviation.

"That was probably the next most difficult decision of my life," said Liberman. "One of my friends in college was going to take an aviation contract, and he started talking to me about flying jets. After talking to him, all those feelings I had growing up started rushing back. I started looking into aviation very seriously right then and there."

After another round of discussions with recruiters from all branches of the U.S. Military, Liberman decided the Marine Corps was the best fit for his new career.

"I couldn't be happier with my choice to become a Marine Corps aviator," said the F/A-18 pilot. "You can't have it all in life, you wish you could but you've only got so much time. Having gone through these two career paths, I've come as close to having it all as I possibly could."

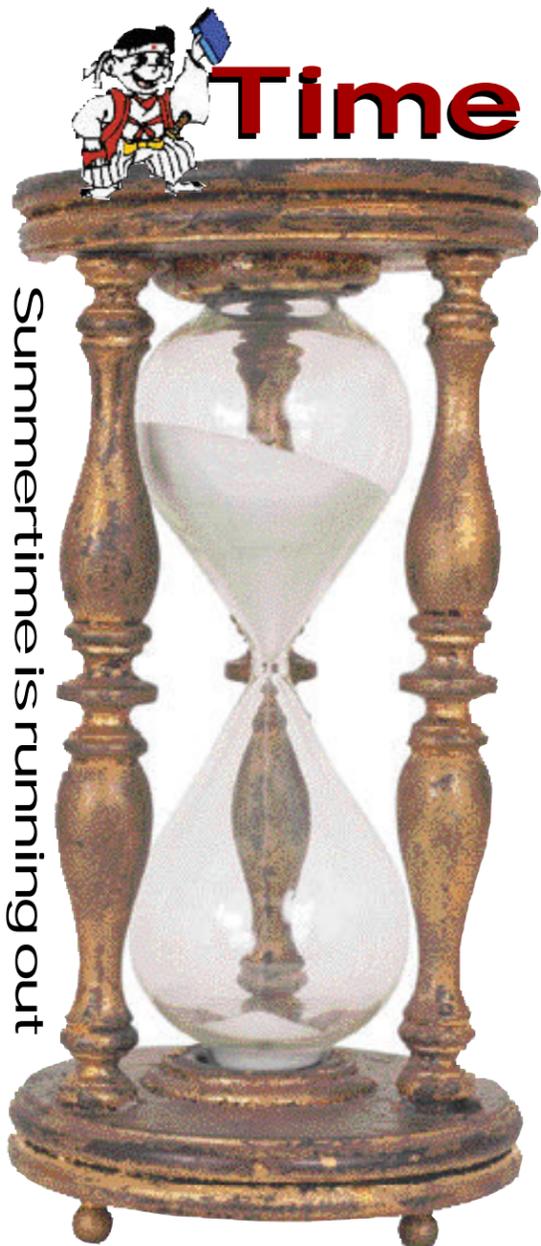
Although he has a different career in a foreign land with another branch of service, Capt. Liberman continues his pursuit of excellence as a Lancer aboard the Station.

"He is hands-down the hardest working Marine in the Squadron," said Capt. Allen E. Szczepek, VMFA-212 flight officer. "He's a completely invaluable asset to everything we do here. He's the one that delves into things that others shy away from."

"We want to be a Squadron that doesn't cut corners and we are really trying to be the best Squadron we can," said Liberman. "I think everybody, to include our newest pilots, has really shown the attitude that we can be the best Squadron in the Marine Corps. You can feel the strength building."

Time to head back to school

Summertime is running out



Welcome back

[Redacted text]

IMPORTANT NUMBERS

Matthew C. Perry Elementary School

- School Voice Mail Menu 253-3447
- School Office Fax 253-6490
- School Register 253-3327
- School Secretary 253-4673
- Cafeteria 253-3378
- Counselor 253-3506
- CSC Office 253-4923
- EDIS 253-4562
- Gym 253-4118
- Information Center (Library) 253-5524
- Nurse 253-4033
- Psychologist 253-5458
- School Supply 253-4514
- Speech 253-4119

www.perry-es.pac.odedodea.edu/

Matthew C. Perry High School

- School Voice Mail Menu 253-5448
- School Office Fax 253-4600
- School Register 253-4503
- School Secretary 253-5449
- Cafeteria 253-3378
- Counselor 253-4958
- Gym 253-4505
- Nurse 253-4033
- Psychologist 253-5458
- School Supply 253-4693
- Student Transportation (Bus) 253-5101

www.perry-hs.pac.odedodea.edu/

School registration requirements

*Have the following information ready when signing children up for school:

- Orders
- Area clearance
- Passport or birth certificate
- Previous school records-official transcripts/last report card or withdrawal slip from previous school
- Student social security number
- The sponsor's signature is required on forms for initial registration. To simplify the registration process it is a good idea to contact that school and request the necessary paperwork. If you have this material prior to arrival, the registration process will be more expedient.

*Immunization Records need to include the following:

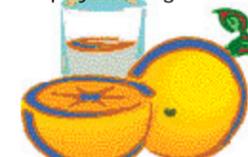
- Hepatitis B
- Diphtheria and tetanus toxoids
- Pertussis vaccine
- Hemophilus influenza type B
- Poliovirus
- Measles-mumps-rubella
- Varicella



Why Breakfast?

Breakfast is especially important for school-age children because it:

- Fuels the body with nutrients.
- Provides food energy for the morning's active play.
- Gets you ready to learn.
- Helps keep a healthy body weight.
- Helps you feel good.



For more information see Ready, Set, Breakfast at: www.kidshhealth.org/kidstay_healthy/food/breakfast.html

SHOP WITH MCCS

MCX BACK TO SCHOOL SALE

Now through July 31.

Shop back to school supplies, clothes & more.

www.mccs1wakuni.com

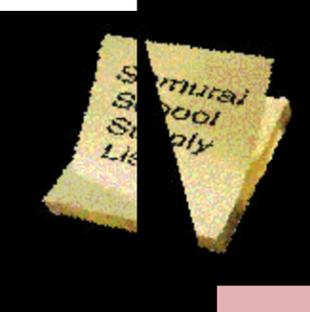
- #### Kindergarten
- Full Size Backpack
 - 1 Box 16 ct. Crayons
 - 1 Package 8ct Crayola markers
 - 3 pkgs. glue sticks
 - 1 Box Snack Size Ziploc bags
 - 2 Plain colored - 3 Prong Folder
 - 2 Mead Black & White wide ruled Composition books
 - 1 Package of Highlighters

- #### First Grade
- Full Size Backpack
 - 2 boxes 24 ct Crayola
 - 2 Box 8ct Crayola markers
 - 1 4 oz bottle Elmer's school glue
 - 1 Pair of scissors
 - 4 Pkgs. glue sticks
 - 24 #2 Pencils
 - 2 pkg Pencil Top erasers
 - Composition books

- #### Second Grade
- 1 box 24 Ct Crayons
 - 1 Package thin Crayola markers
 - 1 4 oz. Elmer's school glue
 - 1 Pair of scissors
 - 4 Large glue sticks
 - 24 #2 pencils
 - 4 Pocket folders (bottom pockets)
 - 2 Big pink erasers
 - 4 Mead wide ruled composition notebooks

- #### Third Grade
- 1 Large box Kleenex
 - 1 box 24 ct. Crayons
 - Markers (Optional)
 - Colored pencils
 - 1 Pair of scissors
 - Highlighters
 - Wide-rule loose-leaf paper
 - 24 #2 Pencils
 - Erasers
 - Ruler (cm-inch)
 - 4 Composition notebooks
 - 2 Pocket folders
 - 2 Glue sticks

- #### Fourth Grade
- Glue sticks
 - Ruler (cm/inch)



- 24 #2 Pencils
 - Erasers
 - 2 Blue and red correcting pens
 - 2 Wide-ruled loose leaf paper
- #### Fifth Grade
- 16 #2 lead pencils
 - Ruler (cm/inch)
 - Erasers
 - 1 Pair of scissors
 - 2 Pkgs. wide-rule loose-leaf paper
 - 2 Glue sticks
 - 6 One subject spiral notebooks
 - 2 Boxes Kleenex
 - Colored pencils
 - Blue ball point pens
 - 6 Pocket folders
 - Pencil pouch
 - Markers
 - 1 3-ring binder (small)
 - 1 Protractor

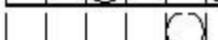
- #### Sixth Grade
- 1 Large binder (2 1/2 to 3 inches)
 - Colored pencils
 - 16 #2 lead pencils
 - 1 Ball point pen (black/blue)
 - 1 24 Ct. box Crayons
 - 1 Glue stick
 - 1 Compass
 - 1 Highlighter
 - 2 Pocket folders (without brackets)
 - 1 Pair of scissors
 - 1 Ruler (inch/cm)
 - 3 Pkgs. wide-ruled loose leaf paper
 - 2 Spiral notebooks (70 pages)
 - 1 Pkg. markers

Back to School Jumbler

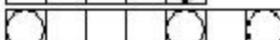
NOAMOR



TEWHI



MARUASI



LERNANGI



KABTARSEF



Unscramble each of the clue words.

Take the letters that appear in boxes and unscramble them for the final message.

Back to School Word Search

C N P G S N D C Y T X R B G J S X B W O L B L M B
 T B W P O A Z E V V W Z I R J K P A R Y R A W O E
 H O M E W O R K S J P Q V A X N G F S B C C O T D
 J C S N R K I C Y A J L O D F G K R I D M K C I U
 N T Q C I U F N S I I P E T X J I Y V S P D V C
 Q U T I B K M B M T G C G S T U D E N T S A L H A
 G H T L R J U P T E L K Y F A F G N S R L C L M T
 B T P S I L P F F S C J V Z G X R D I H Q K B F I
 G O P M C K H L A T S H M L Q W A S O K P S X M O
 X P T E A C H E R S L F W H F S E C Y L P J A R N
 Q S K J H Q E W W A V L O O H C S X B S R M P T W
 B P P Z E D L J P P J V P M F A F J Q W K Y R N M
 U E K B S U N W Y F B E I I F H P D G E H J V Q O
 X Q N K W B F H O M E Y B R J L C O O K I E S I Y
 S W Y F Z G H R C T T U U V L D J I J J A Q Z I H
 U O J K I T T Y F L I T T E R K R H F G H F G Y B
 S M E Q L J T M K B H N O Z K T M W Z H F X T T N
 W E R M G R A D U A T E X H E P X H U X S Y Z F H

CLUBS

EDUCATION

FRIENDS

BACKPACKS

GRADES

HOMEWORK

SCHOOL

BOOKS

STUDENTS

TEACHERS

TESTS

PENCILS



Photos by Lance Cpl. David Revere

Crowds of Japanese locals swarm around Tokyo's Ginza Avenue as they purchase items in one of the city's largest shopping districts.

Tokyo: cultural heart of Japan

LANCE CPT. DAVID REVERE
Combat Correspondent

Tokyo, a symbol of Japanese economic success, is a sprawling megalopolis off the Pacific coast of Honshu island.

According to the Columbus World City Guide, the city was founded in 1590 as Edo, the capital of the shoguns, the rulers of Japan and commanders of the Japanese army. Edo boasted a vibrant culture. Massive pleasure quarters, theatres and cherry blossoms were immortalized in the Japanese woodblock prints of the time.

Following the fall of the shoguns in 1867, the city was renamed Tokyo and became the capital, heralding its place as the showpiece of the country.

The spirit of the old Edo survives today in city-sized districts of karaoke, cinemas, shot bars and bathhouses. Traditional Kabuki theatre continues to thrive along with opera, ballet and symphonic performances.

"There's a lot of sites to see and a lot of history," said Lance Cpl. Jonathan Chorle, Headquarters and Headquarters Squadron tactical data network specialist. Chorle recently visited the city, touring the Imperial Palace and enjoying some Japanese cuisine.

"I tried some Japanese blowfish," said Chorle. "There's definitely an element of risk to it, but it's a unique Japanese experience that I recommend everyone try."

According to the Columbus World City Guide,

the city is home to approximately 60,000 restaurants and the world's largest fish market. From bowls of steaming ramen noodles to slices of the shoguns, the rulers of Japan and commanders of the Japanese army. Edo boasted a vibrant culture. Massive pleasure quarters, theatres and cherry blossoms were immortalized in the Japanese woodblock prints of the time.

Many foreigners may not be inclined towards delicacies so exotic to their western tastes, but they'll feel right at home in night club districts such as Roppongi, where bars and restaurants geared toward Americans and Europeans pack the streets.

"There's a lot of western influence throughout Tokyo," said Yoko Seo, Station cultural adaptation specialist. "There are many places where you look at the buildings and streets and you cannot recognize it as Japan."

Seo said Tokyo's wide mixture of people also makes it a center for fashion and marketing toward today's young people.

"Fads always come and go throughout the city,"



Tokyo's Shibuya district is a center for a lot of the new fashion in Japan.

she said. "By the time we start wearing it here in Iwakuni, they have already started something more exciting in Tokyo."

Seo said despite modernization, many people still continue to live their lives in the traditional Japanese ways, giving the city a deeply historical flavor.

"Wherever you go, you will see so many different kinds of people," Chorle said. "People are friendly and try to help you out as much as they can."

Whatever the cultural tastes of the Tokyo bound traveler, a rich and diverse experience is guaranteed.

OUT THE GATE

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

Iwakuni Port Festival Fireworks

Visitors can enjoy fireworks at the Iwakuni Port Saturday, 8-9 p.m. It will be postponed to Sunday in case of inclement weather. For further details, call 21-0783.

Otake Sunday Market

A Market is scheduled Sunday, 10 a.m. to 3 p.m. at Harumi Daiichi Park, next to You

Me Town Otake. More than 60 booths will be set up to sell fresh vegetables, fish and more. A flea market will be held at the same time. The market will not be cancelled in case of rain. Call 53-7175 for details.

Hiroshima Minato Yume Fireworks

The fireworks will be performed at the Hiroshima Port Saturday, 8-9 p.m. It will be postponed to Sunday in case of inclement weather. Call 082-247-6738 for details.

Kangen Festival and Lantern Parade

There is a Monarchical Age festival held at Miyajima Island today. A ceremony starts at 4 p.m. at the Itsukushima shrine. Color-

fully decorated boats leaves the shrine around 5 p.m. to cruise along the coast. They will come back 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.

Tsuwano Town Yasaka Shrine Gion Festival

This festival with Sagi (heron bird) Dance will be held Sunday and Wednesday at the Yasaka Shrine in Tsuwano Town. The dance will be performed Sunday, 2 p.m., and Wednesday, 4:10 p.m. The dance will be performed at 3 p.m. in the Town Gym in case of rain. For more information, call 0856-72-0650.

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

Toyota Cresta, 1991, 4-door sedan, runs great, recycling fee/road tax paid, set of snow tires, JCI until July 2006, \$900. Call Jay Sztuk at 253-4072 dwh or 253-2214 aw.

Mazda MPV, 1994, great family mini van, very clean, good tires, recycling fee/road tax paid, JCI until March 2006, \$2,400. Call Jay Sztuk at 253-4072 dwh or 253-2214 aw.

Honda Orthia, 1996, 4-door wagon, runs great, recycling fee paid, JCI until Oct. 2005, \$3,000 obo. Call Sean Hoopes at 253-4266 dwh or 253-2705 aw.

Mazda MS-9, 1993, 4-door, black, good condition, power everything, awesome A/C, JCI until May 2006, \$1,700 obo. Call Lloyd or Beth Davis at 31-8459.

Toyota Lucida, 1992, mini van, good condition, power everything, A/C, runs great, well maintained, JCI until Jan. 2007, \$1,800 obo. Call Lloyd or Beth Davis at 31-8459.

Toyota Cynos, 1991, 2-door, recycle tax paid, JCI until Nov. 2005, \$700 obo. Call Jamie at 253-7687.

Toyota Estima, 1993, van, silver, rims, CD player, moon roof, Japanese dolls, boy's days dolls, Samurai

2006, \$1,000. Call Tonya Gogol at 253-2429.

Toyota Grand Saloon, 1989, van, runs great, cold A/C, couple rough spots on the body, will PCS Aug. 5, JCI until Sept. 2006, \$1,000 obo. Call Tomasz or Ewa at 253-2042.

Honda Civic, 1995, compact, runs great, new tires/battery/timing belt, couple rough spots on roof, will PCS Aug. 5, JCI until Aug. 2006, \$1,600 obo. Call Tomasz or Ewa at 253-2042.

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 aw.

Honda Orthia, 1996, 4-door wagon, runs great, recycling fee paid, JCI until Oct. 2005, \$3,000 obo. Call Sean Hoopes at 253-4266 dwh or 253-2705 aw.

Mazda MS-9, 1993, 4-door, black, good condition, power everything, awesome A/C, JCI until May 2006, \$1,700 obo. Call Lloyd or Beth Davis at 31-8459.

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Toyota Estima, 1993, van, silver, rims, CD player, moon roof, Japanese dolls, boy's days dolls, Samurai

nickack and more. Call Tony at 080-3009-0205 or 253-2022.

Misc., dining table with 6 chairs, \$350; washer and dryer, \$150; large doghouse, \$20; stainless steel work table, \$20; free sofa and love seat; free entertainment unit; free misc. storage cabinets. Call Jay Sztuk at 253-4072 dwh or 253-2214 aw.

Misc., Double Jogging Stroller, great condition, red and black, PCSing, \$100 firm. Call 253-2429.

Misc., Japanese stacking washer/dryer, fully automatic, must sell, \$75 obo for both; 2 area carpets, tan/beige, one is 12x12, one is 9x12, no stains, fit perfectly 8x10 tatami rooms, \$50 obo each. Call Lloyd or Beth Davis at 31-8459.

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, \$15; Hoover vacuum cleaner with extra bags, \$35. Call Carey or GySgt. Barton at 253-3267 dwh or 253-2749 aw.



JOB OPENINGS

Matthew C. Perry
The following positions are

available. Applications may be picked up at the high school or elementary school main office. Call 253-5449 for more information.

- Substitute teachers. Application may take up to 10 weeks to process.
- Special education aide. Experience as a job or employee counselor is encouraged.
- Special education and AVID aide.
- Full time school support assistant (supply clerk)
- Part-time certified mathematics, science or physical education teacher. Send resume and cover letter to: M.C. Perry High School PSC 561 Box 1874 FPO AP 96310

In addition all applicants for this position must complete an online application at www.dodea.edu to be considered.

CHRO (253-6828)

MCCS:
-Transition Program Counselor
-Information & Referral Assistant

Facilities:
-Electrical Engineer
Commissary:
-Store Worker
-Working Aid, Temporary Summer Appointment

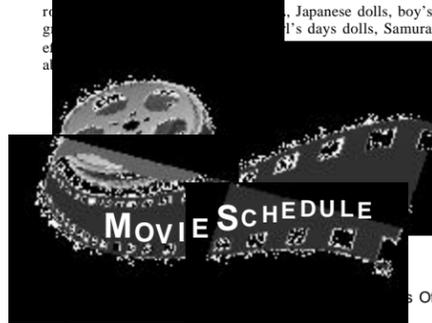
Logistics:
-Supervisory Contract Specialist
-Transportation Assistant
IPAC:
-Supervisory Resources Management Specialist
-Human Resources Assistant
AHO:
-Air Traffic Control Specialist (Terminal)

MCCS (253-3030)

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

MCTV CHANNEL 19

FRIDAY - 8 a.m. Brother Bear (G); 11 a.m./5 p.m. Spider-man 2 (PG); 2 p.m./8 p.m. Starsky & Hutch (PG-13); 11 p.m./5 a.m. Austin Powers (PG-13); 2 a.m. Underworld (R)
SATURDAY - 11 a.m./5 p.m. First Daughter (PG); 2 p.m./8 p.m. I Spy (PG-13); 11 p.m./5 a.m. Blues Brothers (R); 2 a.m. Resident Evil: Apocalypse (R)
SUNDAY - 11 a.m./5 p.m. Barbershop 2 (PG-13); 2 p.m./8 p.m. Around The World In 80 Days (PG); 11 p.m./5 a.m. The Chronicles Of Riddick (PG-13); 2 a.m. Soul Plane (R)
MONDAY - 8 a.m. Bambi (G); 11 a.m./5 p.m. Beverly Hillsbillies (PG); 2 p.m./8 p.m. Dodgeball (PG); 11 p.m./5 a.m. Eraser (R); 2 a.m. The Mexican (R)
TUESDAY - 8 a.m. Princess Diaries 2 (PG); 11 a.m./5 p.m. Mr. 3000 (PG-13); 2 p.m./8 p.m. Jersey Girl (PG); 11 p.m./5 a.m. Man On Fire (R); 2 a.m. American Wedding (R)
WEDNESDAY - 8 a.m. Racing Stripes (PG); 11 a.m./5 p.m. Peter Pan (PG); 2 p.m./8 p.m. The Terminal (PG-13); 11 p.m./5 a.m. 8 Mile (R); 2 a.m. The Butterfly Effect (R)
THURSDAY - 8 a.m. Piglet's Big Movie (G); 11 a.m./5 p.m. All The Pretty Horses (PG-13); 2 p.m./8 p.m. Planet Of The Apes (PG-13); 11 p.m./5 a.m. Phone Booth (R); 2 a.m. Lost in Translation (R)



SATURDAY - 1 p.m. Kick Four (PG-13); 7 p.m. Lords Of Dogtown (PG-13)
SUNDAY - 4 p.m. Fantastic Four (PG-13); 7 p.m. War Of The Worlds (PG-13)
MONDAY - 7 p.m. War Of The Worlds (PG-13)
TUESDAY - 7 p.m. Kicking & Screaming (PG)
WEDNESDAY - 7 p.m. Mindhunters (R)
THURSDAY - 7 p.m. Lords Of Dogtown (PG-13)
This schedule is submitted by the Sakura Theater and is subject to change. For show times call the Sakura Theater at 253-5291.

COMMUNITY BRIEFS

CHRO

CHRO Training
■ **Master Labor Contract (MLC) Briefing:** Tuesday, 9 a.m. to noon.
■ **Conflict Across Cultures:** Thursday through July 29, 8 a.m. to 4:30 p.m.
■ **USCS Performance Appraisal/Awards Training for Supervisors:** Aug. 9, 9 a.m. to 12 p.m.
■ **JN Prevention Of Sexual Harassment (POSH):** Aug. 9, 9-10 a.m., 1-2 p.m. and 2:30-3:30 p.m.
■ **Civilian Marines Acculturation Training:** Aug. 11, 8 a.m. to 12 p.m.
■ **How To Catch Yourself "Leading Right":** Aug. 24-26, 8 a.m. to 4:30 p.m. For more information and nominations, call 253-6834 or send e-mail to MarehamPA@iwakuni.usmc.mil. Classes will be held at CHRO training room. Building one, Room 102, except JN POSH which will be held at Building one, Auditorium.

MCCS

MCX (253-5641)
■ **Santa Bucks:** Until end of July. Receive \$1 Santa Buck for every \$10 single purchase. Redeem your Santa Bucks Nov. 25 through Dec. 24.
■ **Back to School Sale:** Now through 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.
■ **Pool Party:** Today, 5-9 p.m.
■ **Monthly Birthday Party:** Saturday, 3-5 p.m.
■ **B&GCA Passport To Manhood Meeting:** Sunday, 5-7 p.m.
■ **Shopping Tour:** July 29, 10 a.m. to 3 p.m. Learn how to spend Japanese money downtown.

Marine and Family Services

■ **PCS With Success Workshop:** July 29, 1-3 p.m. Accompanied 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. The session is for accompanied personnel. Call 253-3311 for more information.
■ **Survival Japanese:** Monday through July 29, 11:40 a.m. to 12:40 p.m. Call 253-6165 for details.
■ **Job Interview Skills Class:** Tuesday, 10-11:30 a.m. For further details, call 253-6439.
■ **Ten Steps To Federal Employment:** Thursday, 1-3:30 p.m. Call 253-6439 for details.
■ **Family Member Employment Assistance:** This program assists spouses and other employable family members in exploring employment options and opportunities in their chosen career fields. For more details, call 253-6439.

■ **Counseling And Advocacy Program:** The Marine & Family Services Counseling Branch has a highly qualified, licensed clinical staff that is experienced in providing education and counseling services to individuals, couples and families. Typical reasons for seeking counseling services include marital or relationship difficulties, adjustment difficulties, stress or anger issues and mood or anxiety disturbances. For more information, call 253-4526.

■ **Substance Abuse Counseling Center:** The center provides early intervention, assessment, treatment and continuing care for people experiencing problems associated with the use of mood and mind altering substances. Call 253-5260 for information and confidential assistance.
■ **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. For further details, call 253-3078.

■ **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.

This story is a translation of the top of page 1 text
 本文は1ページ上段の記事の日本語版です。

Nihongo de...

ボランティアが海浜清掃をする

20名以上の基地からのボランティアの人たちが、岩国市の地域事業や市民団体などから集まった300人以上のボランティアと一緒に、7月14日毎年恒例の通津美が浦海浜清掃活動に参加した。

この海浜清掃活動は、水曜日の海水浴場オープンに向けて準備すべく計画されたものである。

この日の行事は、開会式で始まった。式では地域団体のリーダーが、地元へのお返しに時間を捧げてくれたボランティアの人たちへの感謝の気持ちを表した。

「私達は多くの地元の資源を利用させてもらっている。ここで税金を払っていない私達にとって、この活動が地元の人たちにお返しをする手段の一つになる。」と、374通信中隊現場チーフである米空軍一等軍曹クリストファー・ム・ヴァルガーソンは言う。

500メートルに及ぶ浜が小さく区切られ、目に行くゴミを拾うよう各グループに割り当てられた。

「私達は、浜辺のすぐ傍にある小さいキャンプ場の清掃を引き受け、地元の市民団体のグループと一緒に働いた。キャンプ場を清掃するのが、われわれの伝統のようになっている。」と、過去2年にわたり海浜清掃に参加しているヴァルガーソンは言う。

海浜は例年ほど汚れてはいなかった。しかし、清掃活動は依然としてなくてはならないもので、清掃によって海浜を利用する人たちが可能な限り楽しめるようになる。

「昨年ほどゴミはなかったが、海浜が清掃によってきれいになり、地元の人たちが訪れるのにより安全なところになったのは明らかだ。」と、ヴァルガーソンは言う。

岩国市役所通津出張所によると、環境面に気をを使うボランティア達が集めたのは、全体で6,000ポンド以上の可燃ゴミと220ポンド以上の不可燃ゴミである。昨年までの数年間でボランティア達が集めたゴミの量は、18,000ポンドにもなる。

基地のボランティアの人たちは地元住民に感謝されただけでなく、日本人のボランティアたちと協力して活動するというめったにない機会を得た。

「彼らは皆とても礼儀正しく、そのうえ大変働き者だ。」と、海兵航空第12補給中隊電子技術者のドルフ・ラッキー上等水兵は言う。「彼らと一緒に働くのはとても楽しかった。」

作業が終わりに近づいて、ボランティアは自分達の重労働でどれほど海浜が変わったかを見ることができた。

「自分達が来たときよりずっときれいになった。今日は、ここに来てとても楽しかった。仕事の代わりに海浜に来て、しかも地元住民の手助けができ、とても楽しい経験だった。」と、ラッキーは言う。

Squadron hosts tour for students

U.S. Navy Electronic Attack Squadron 140 hosted a tour for 21 Japan National Defense Academy students showing them their squadron's facilities and aircraft, July 12. The academy students were given the opportunity to look at static displays, tour the simulator with "hands-on" opportunities, put on flight gear and get an understanding of U.S. Naval Aviation.



U.S. Navy Lt. David C. Holmes

Mess Hall Lunch Menu

Week Of July 25-29

Monday - Beef With Bacon Soup, Shrimp Gumbo Soup, Seafood Newburg, Country Style Steak, Oven Glo Potatoes, Macaroni And Cheese, Hush Puppies, Broccoli Combo, Wax Beans, Dinner Rolls
Tuesday - Tomato Soup, Vegetable Soup, Lasagna, Pork, Mashed Potatoes, Toasted Garlic Bread, Whole Kernel Corn, Mixed Vegetables, Chicken Gravy, Cheese Biscuits
Wednesday - French Onion Soup, Cream Of Broccoli Soup, Baked

Tuna Noodles, Bratwurst With Sauerkraut, Garlic Roasted Potatoes, Carrots, Mixed Vegetables, Hot Dinner Rolls
Thursday - New England Clam Chowder Soup, Split Pea, Chicken Parmesan, Italian Sausage, Buttered Pasta, Eggplant Parmesan, Cauliflower Gumbo, Alfredo Sauce, Marinara Sauce
Friday - Bean Soup With Cured Ham Hock, Chicken Gumbo, Southern Style Fried Catfish, Chicken Cacciatore, German Griddle Cakes, Candied Sweet Potatoes, Southern Style Greens

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.



Self-defense classes taught on Station

LANCE CPT. JOHN S. RAFOSS
 Combat Correspondent

Japanese martial arts is an activity that has been deeply rooted in the culture here for hundreds of years. Hollywood depicts it with flying kicks, punches, flips and throws. However, besides all the glamour, martial arts is a very active sport here on

base, with lots of dedicated participants. What better place to learn this Japanese art than in Japan?

The Iron Works Gyms hosts an Ashihara Karate class Monday, Wednesday, and Friday from 7 p.m. to 9:30 p.m., for all levels of skill.

The class welcomes anyone over 15 years of age to come and participate. The average class is usually around 13 students and consists of stretch-

ing and basic techniques, followed by moving techniques and sparring.

This specific style, Ashihara, was developed from other karate styles and can be quite effective. "It is more of a self-defense karate," said Teruhiko Sumi, Karate Instructor. "There are many special techniques that we use."

The class not only boosts physical and mental health, it also expands many Japanese cultural aspects. The class is a mix of military personnel and Japanese citizens, and incorporates much of the Japanese language and customs.

"It's a great class, I have been participating in it for two years now," said Greg A. Garlisch, karate student. "It is a good cultural outlet and a great place to exchange languages."

The students not only meet up in the dojo with sweat, hard work, and dedication, they also participate in social activities out in town.

"We have an annual barbecue once a year," said Garlisch. "Everyone gets together with their families and we have a good time. We also go out to Hiroshima three times a year for testing."

The class is a great opportunity to learn how to defend yourself, but also a great way to spend time partaking in a Japanese activity.

"You could never find a place like this back in the states. You can't beat the price and atmosphere," said Garlisch.

For more information on the Ashihara Karate class call 253-5051.



Photos by Lance Cpl. John S. Rafoss

TOP: Teruhiko Sumi, Ashihara karate instructor, kneels in front of his class before they commence training. Sumi has been training in martial arts for 20 years. ABOVE: Ichiro Minami, a black belt, dodges a punch from Greg A. Garlisch, green belt, and follows through with a strike in return.

IWAKUNI SPORTS SCENE

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.

Running Club

This incentive program is a way for runners to earn prizes for the miles they run. For more details, call 253-6359.

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.

PT Bowling

Wednesdays and Fridays, 1-4:30 p.m.,

groups of 10 or more service members bowl for 50 cents per game. Free shoe rental. For more details, call 253-4657.

Student Bowling

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

Birthday Parties

If you are interested in having a bowling birthday party, stop by the Bowling Center for details or call 253-4657.

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, electric 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.

Latin Dance Classes

Classes are held at the IronWorks Gym every Wednesday, 7:30-8:30 p.m. and cost \$32 per month or \$8 for each class. Come learn the Salsa, Merengue, Mexican Folk Dance and Bachata. Call 253-3696 for details.

Stableford Open - Golf

July 30, 7 a.m. arrival with shotgun start at 7:30 a.m. Sign up before Thursday. There is a \$10 entry fee in addition to users fees. Open to all Station residents. For details, call 253-3402.

Scuba Classes

The Basic Open Water Class is held on Mondays, lasting for seven days and costs \$260. Sessions are held continuously through autumn. Advance sign-up is required. Gear rental is available for individual divers. Call 253-6058 for further information.

Beat heat, bowl for fun

LANCE CPT. LENDUS B. CASEY
Combat Correspondent

The Southside Bowling Alley's unit physical training bowling allows service members a chance to put a curve in their normal physical training habit every Wednesday and Friday.

The bowling special is offered to groups of 10 people and allows them to bowl for 50 cents a game instead of the normal price of \$1.50. The special also offers participants a chance to save a little extra money with free shoe rentals.

"We started offering PT bowling a few years ago to give service members a break from their normal PT schedule and give them an incentive to get interested in bowling," said Mike Gold, Southside Bowling Alley's bowling center manager.

The special is offered from 1 p.m. to 4:30 p.m. and gives people a better chance of getting a lane.

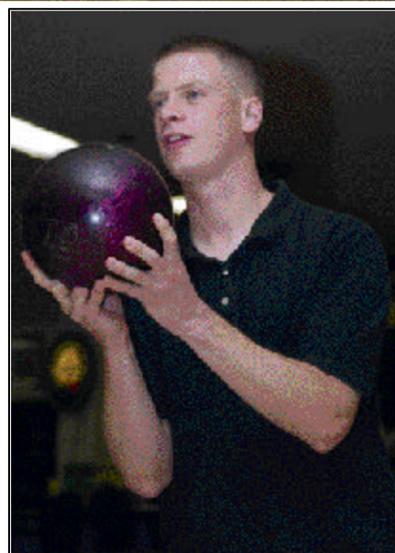
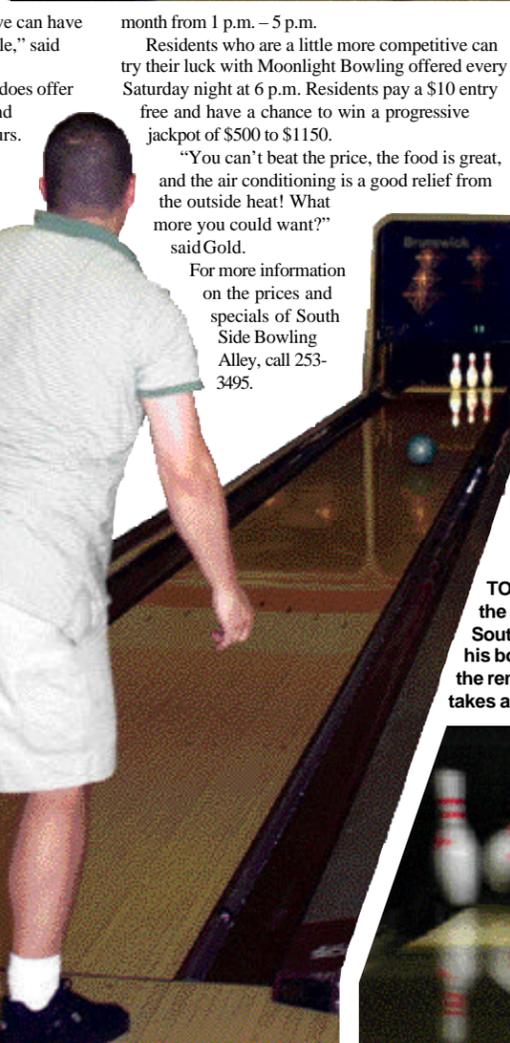
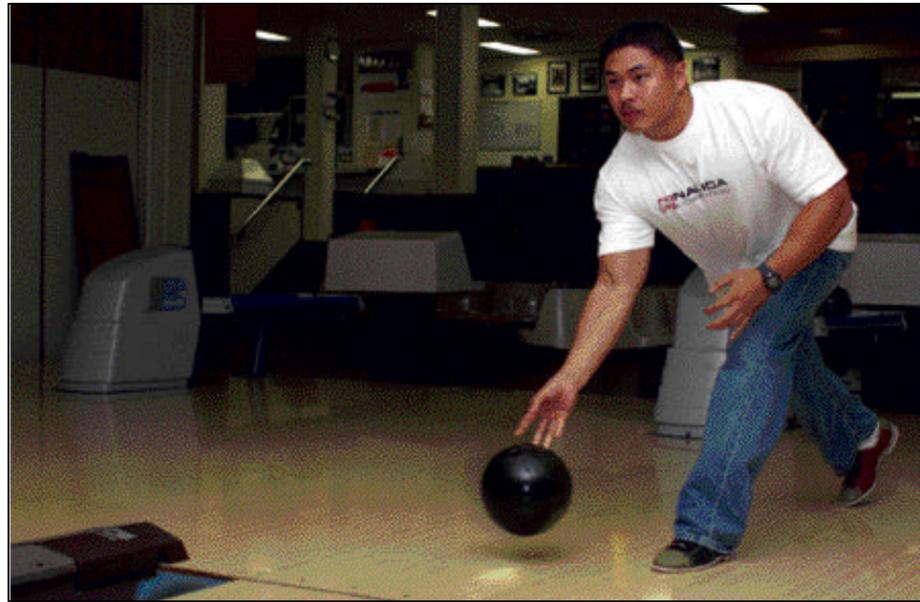
"We are trying to encourage people to come in during the week so we can have more people when the lanes are available," said Gold.

However, Southside Bowling Alley does offer more for station residents who can't find the time to go bowling during work hours.

Residents interested in joining a league have the opportunity to bowl at half price as long as they have their up-to-date American Bowling Congress sanction card.

"Bowling is a great way for people to kick back and relax after a stressful day at work and take that frustration out on the pins," said Phil A. Zampino, Southside Bowling Alley assistant manager.

Southside Bowling Alley offers other great specials like Family Appreciation Day, allowing residents to play for half price on the first and third Saturdays of every



month from 1 p.m. - 5 p.m.

Residents who are a little more competitive can try their luck with Moonlight Bowling offered every Saturday night at 6 p.m. Residents pay a \$10 entry fee and have a chance to win a progressive jackpot of \$500 to \$1150.

"You can't beat the price, the food is great, and the air conditioning is a good relief from the outside heat! What more you could want?" said Gold.

For more information on the prices and specials of South Side Bowling Alley, call 253-3495.

Photos by Lance Cpl. Lendus B. Casey

TOP: Roberts Eustaquio, bowler, keeps his eyes on the pins as he bowls his ball. LEFT: Phil A. Zampino, Southside Bowling Alley assistant manager, watches his bowling ball coast down the alley as it heads for the remaining pins. ABOVE: Paul Argiros, a bowler, takes a moment to prepare before bowling his ball.

