

## Residents bleed charity

by Lance Cpl. Noah S. Leffler

## Hikari Beach Bliss

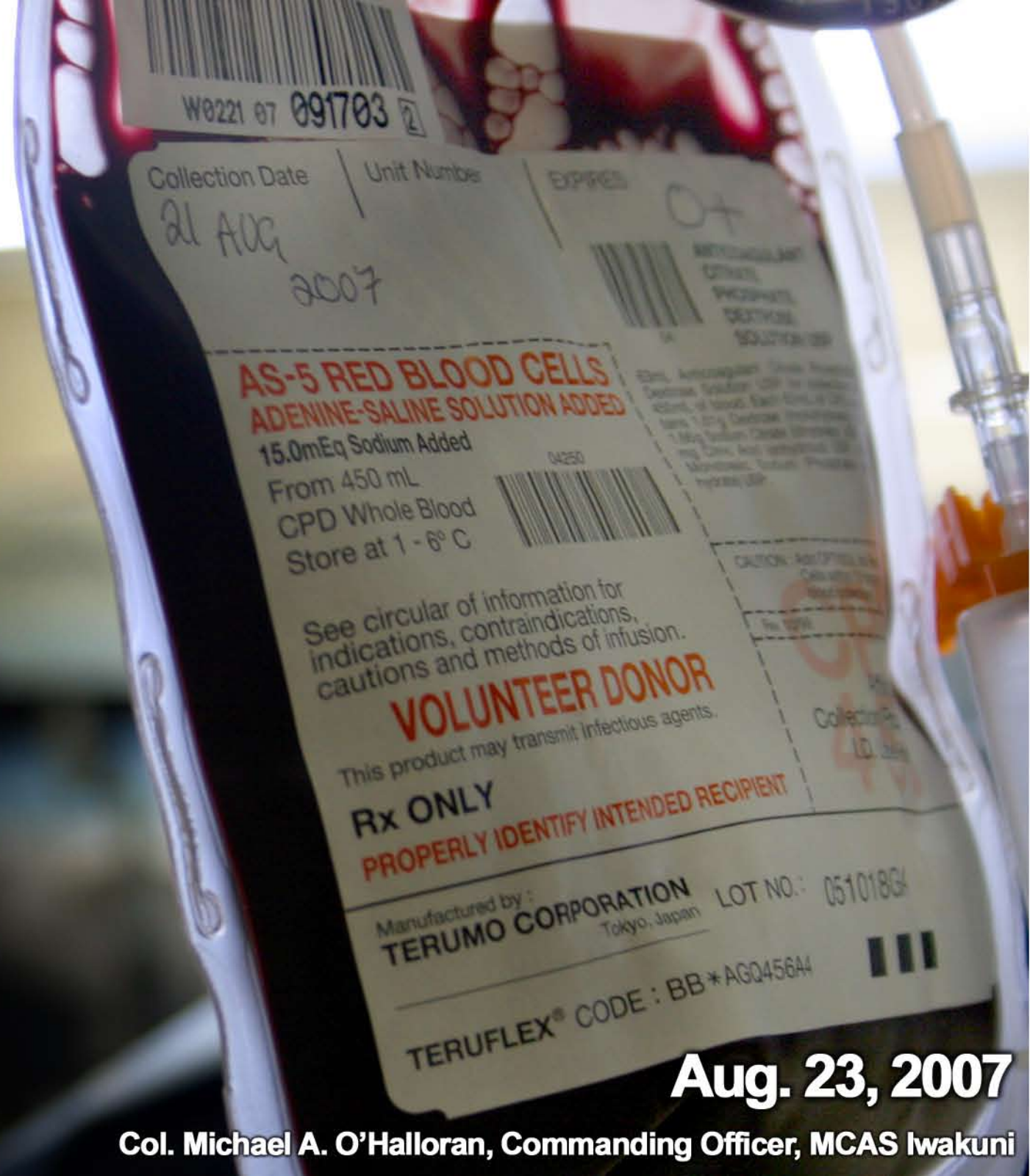
by Lance Cpl. Noah S. Leffler

## Marauders Tee-Off

*Marauder Spouses' Club  
Golf Tournament*

by Lance Cpl. Chris Dobbs

***These stories and more...***



**Aug. 23, 2007**

Col. Michael A. O'Halloran, Commanding Officer, MCAS Iwakuni



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▲ A pint, or what medical personnel call a unit, of O positive blood is collected during the Iwakuni Blood Drive at the Marine Memorial Chapel Aug. 21. A simple donation of one unit can save the lives of up to three patients.

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# Iwakuni *Blood* Drive

*Residents'  
donations  
not in  
'vein'*

by Lance Cpl. Noah S. Leffler  
Shimbun Staff

**I**station residents took time to donate one of the U.S. military's most precious resources at the Marine Memorial Chapel Monday and Tuesday.

The Iwakuni Blood Drive was one stop of about 10 during the Armed Services Blood Bank Center's six-week tour of Japan, Guam, Singapore and Korea. A group of corpsmen from U.S. Pacific Command in Okinawa screened and stuck the large group of willing donors, many of whom waited in line for over an hour for their turn to give.

"The turnout has been good, and everyone has been very willing to give," said Petty Officer 1st Class Mike D. Potratz, U.S. PACOM hospitalman and Long Beach, Calif., native. *See Blood on page 3*



Lance Cpl. Noah S. Leffler

▲ Lance Cpl. Robert A. Corman, Marine Wing Support Squadron 171 hygiene equipment operator and native of Kettering, Ohio, donates a pint of blood during the Iwakuni Blood Drive Aug. 20.



Lance Cpl. Noah S. Leffler

▲ Petty Officer 3rd Class Oliver D. Arreo, a hospitalman from U.S. Pacific Command in Okinawa and native of Chula Vista, Calif., reassures Lance Cpl. Robert A. Corman, Marine Wing Support Squadron 171 hygiene equipment operator and native of Kettering, Ohio, while the Marine donates blood during the Iwakuni Blood Drive at the Marine Memorial Chapel Aug. 20.



*Blood continued from page 2*

Although a late shipment of supplies from Okinawa lessened the amount of donations initially anticipated, the sailors were able to collect 40 pints of blood, or what medical personnel call a unit, Monday and around 60 units Tuesday afternoon.

According to Potratz, a simple donation of one pint of blood can save the lives of up to three patients. A unit stays fresh for 42 days and, if frozen, good for up to 10 years. A unit of blood can be broken into red blood cells, frozen plasma and platelets, which are used to treat conditions ranging from anemia to clotting disorders.

“Our blood expires, so after you’ve donated you’ll have the satisfaction of knowing you helped your fellow Marines,” Potratz said. “This blood does go in the (combat zones of Iraq and Afghanistan).”

For some, the blood drive was not only a way to support their brothers and sisters serving on the front lines, but also a way to overcome personal phobias.

# one pint of blood can save the lives of up to three patients

“I have O-positive blood, which is universal, so there’s always a need for it,” said Staff Sgt. Evans E. Formica, Headquarters and Headquarters Squadron communication maintenance technician and native of Silver Spring, Md. “Besides, it’s a good way to confront your fears. I’m scared to death of needles – Superman has Kryptonite, I have needles. I got an excellent stick though, so I’m glad to see everything went just the way I like it: uneventful.”

For one sailor, the drive has been an opportunity to experience life in Japan outside Okinawa.

“It’s been really nice,” said Petty Officer 3rd Class Elizabeth N. Sifuentes, U.S. PACOM hospitalman and Austin, Texas, native. “It’s interesting to see the difference in the two cultures of Okinawa and mainland Japan.”

“Being here helping people makes me feel good,” she added.



Lance Cpl. Noah S. Leffler

▲ A pint, or what medical personnel call a unit, of O positive blood is collected during the Iwakuni Blood Drive at the Marine Memorial Chapel Aug. 21. A simple donation of one unit can save the lives of up to three patients.



# Revised regs set standard for grooming, attire

by Lance Cpl. Noah S. Leffler  
Shimbun Staff

**R**ecent changes to Marine Corps Order P1020.34G mean more specific guidelines regarding Marines' uniform and grooming standards.

According to the order, the revisions target "eccentric and faddish individual appearances" which "detract from uniformity and team identity."

"We've always prided ourselves on standing apart," said Gunnery Sgt. Dan Ryley, Headquarters and Headquarters Squadron squadron gunnery sergeant and native of Orlando, Fla.

"We're a very traditional branch of service," he added. "We maintain our standards because a lot of people, when they see a Marine in uniform, know that's a Marine."

Drinking or having one's hands in their pockets while walking or standing in formation are common sense "don'ts" once omitted from MCO P1020.34G but are now officially proscribed, although the order notes "good judgment will govern the application of this policy in the field environment."

"Our traditions go all the way back to the birth of our Marine Corps back in 1775," Ryley said. "A lot of things were unwritten, but the main thing is we've always had a saying: 'Marines don't do that.' Marines don't chew gum in formation or put their hands in their pockets, and Marines don't eat or drink when they're walking in uniform ... Now they've actually put it in black and white."

For males, the most notable changes are to hair length and style guidelines. As always, an even graduation from zero length at the neck hairline and a maximum of three inches length is still required.

However, once-accepted "landing strip" or "mohawk," "tear drop" and "horse shoe" styles are now prohibited.

"I like my motivated high-and-tight," said Lance Cpl. Darrell J. Campbell, Marine Wing Support Squadron 171 organizational automotive mechanic and native of Fall River, Wis. "The high-and-tight is associated with the military, and when you go eccentric like some of the other (hairstyles) it's taking the attention away from the military and putting it on you."

Dental ornamentation such as the use of permanent or removable gold or platinum caps, commonly referred to as "grills," are also banned, although permanent gold or platinum caps applied prior to Oct. 1, 2007, may be waived at a commander's discretion.

"Some Marines had to have dental work done either prior to the Marine Corps or while they were in the Marine Corps years ago that actually have a legitimate gold tooth," said Ryley. "What's happening with some younger Marines is it turns into an ornamentation thing. Just like we tell male Marines, 'You don't wear earrings whether you're on duty or off duty,' the ornamentation thing ... is what the Marine Corps is really concerned about."

*See Groom on page 5*



Lance Cpl. Noah S. Leffler

▲ Lance Cpl. Darrell J. Campbell, Marine Wing Support Squadron 171 organizational automotive mechanic and native of Fall River, Wis., gets his hair cut by Kaoru Hamamura at the Marine Corps Exchange Barber Shop here Aug. 16. Recent changes to Marine Corps Order P1020.34G address acceptable hair styles and define several now out of regulation.



**‘ If you want your nails to look nice and it doesn t affect your work, you should be allowed those little things that make you feel more feminine. ’**

**- Cpl Selene L. Whiting**

*Groom continued from page 4*

Females will notice several clarifications on appropriate hair and nail lengths and styles. The regulations on short, medium and long hair lengths, braids and extensions are all defined as well as how each length should be worn in uniform. Manicures imitating the natural nail are also now authorized as long as they are maintained within the appropriate length and style standards.

“I think it’s awesome they’ve made the nail changes because it’s more professional looking,” said Cpl. Selene L. Whiting, Marine Aviation Logistics Squadron 12 aviation equipment technician and Valley Springs, Calif., native. “If you want your nails to look nice and it doesn’t affect your work, you should be allowed those little things that make you feel more feminine.”

For a complete list of the revisions, visit the Permanent Marine Corps Uniform Board Web Site <http://www.marcorsyscom.usmc.mil/sites/mcub/> and click on the Grooming Standards Revision link.



▲ Lance Cpl. Darrell J. Campbell, Marine Wing Support Squadron 171 organizational automotive mechanic and native of Fall River, Wis., gets his hair cut by Kaoru Hamamura at the Marine Corps Exchange Barber Shop here Aug. 16. Recent changes to Marine Corps Order P1020.34G address acceptable hair styles and define several now out of regulation.

Lance Cpl. Noah S. Leffler



# Bicycle Safety Week to prevent accidents

by Lance Cpl. Cindy G. Alejandrez  
Shimbun Staff

In an effort to prevent bicycle accidents on and off-base, Station Safety is holding Bicycle Safety Week from Monday through Friday.

“We’re having an increased number of near misses related to bicycle accidents,” said Christopher L. Yoneda, Station Safety inspector and native of Otake City, Japan.

“For any type of injury, it’s well known that when you start seeing an increased number of near misses you’re probably going to see something (worse) just around the corner. We’re trying to avoid that by bringing the community’s awareness up.”

During the week, Station Safety and the Provost Marshal’s Office are addressing the issue on the Power 1575 American Forces Network radio, said Yoneda.

Bicycle safety is part of the 101 Critical Days of Summer campaign, which educates the community about preventing injuries during occupational or recreational activities. Station safety decided to add emphasis on bicycle safety this week because of a recent rise in safety violations aboard station.

To ensure bicycle safety, military policeman will be on the look out during patrols to enforce riding regulations.

“We’re going to be out there, and we are absolutely going to be hitting on the smaller things,” said Cpl. Michael A. Orozco, PMO crime prevention clerk and native of Bakersfield, Calif. “We have been seeing trends such as bicyclists riding on the wrong side of the road, riding on sidewalks and using the crosswalks.”

“Bicyclists should be following the same rules as vehicles,” added Orozco.

Avid cyclist, Gunnery Sgt. Tom J. Draffen, Headquarters and Headquarters Squadron air traffic controller and native of Northville, N.Y., urged bicycle riders to be predictable on the road. Draffen, who rides more than 400 miles per week and was injured in a cycling accident in December of last year, knows firsthand how important bicycle safety is.

“Had I not been wearing a helmet I would have probably cracked my skull open. The crash destroyed the helmet,” said Draffen. “I am a definite believer in helmets, especially in Japan because the roads are so narrow.”

Station safety also reminds station residents of the importance of also following the rules of the roads when off base to stay safe.

“The road biking here is fantastic,” said Draffen. “The traffic isn’t as bad as what it appears to be once you get used to it. Be patient and get to know the roads in the area.”



Lance Cpl. Cindy G. Alejandrez

▲ Riding a bicycle on the wrong side of the road has been a recent trend on station. During Bicycle Safety Week, Station Safety reminds cyclists of the rules of the roads to prevent accidents Aug. 20 to 24.



# K-9s 'work like dogs' to keep station safe



Lance Cpl. Chris Dobbs

by Lance Cpl. Chris Dobbs  
Shimbun Staff

**D**ogs have been used since ancient times to help humans carry out daily tasks. In wars and other dangerous situations, their loyalty, obedience and aggressiveness can spell the difference between life and death for their handler.

The station Provost Marshal's Office has seven military working dogs which assist military policemen by "sniffing out" drugs or explosives and deterring or "hunting down" suspects.

While mainly used to search aircraft arriving on station, K-9s train regularly to prepare for various situations.

"You never know where a problem is going to arise," said Sgt. Mario Cardenas, station military police K-9 handler and training chief, who added that training variety also keeps the dogs adaptable.

During a training scenario here Monday, the Belgian Malinois and German shepherds conducted explosives detection and scout training.

◀ Staff Sgt. Edward Sliwinski, station military police K-9 handler, kennel master and native of Akron, Ohio, prepares to take a military working dog on an open area scout detection mission during training here Aug. 20.

During the explosives detection training, the dogs zig-zagged along a dirt road and through tall grass at the training site to locate a suspicious smelling substance. Their acute sense of smell led them to the source of the scent -- a bottle of potassium chloride -- a chemical commonly found in explosives. To lay claim to their find, the dogs immediately sat and waited for their handler to acknowledge them.

"They learn through training and repetition," said Cpl. Eddie Garcia, station military police K-9 handler and native of Lytle, Texas. "When they're successful, they get a reward -- sometimes we praise them and sometimes they get a toy. If they fail or are disobedient, we correct them with either verbal or physical commands."

K-9 handlers go through a three-month course in handling at Lackland Air Force Base, Texas, which is where all K-9s are initially trained.

The most important aspect of handling learned is the importance of the relationship between the handler and the dog, said Cardenas.

"You have to establish rapport between you and your dog," said Cardenas, a native of Freeport, Texas. "If you don't have that, then you can't generally go out and know what your dog's doing."

An example of the importance of rapport occurred recently when one of the dogs wasn't being himself.

*See Dogs on page 7*



*Dogs continued from page 6*

Cardenas suspected the dog was ill, and a visit to the veterinarian revealed he had pneumonia.

“That’s one of the biggest responsibilities of the handler – knowing how he reacts, what’s his normal behavior,” said Cardenas. “They’re just like humans; they’re going to have off days. If you can’t catch that (change in behavior), you might be correcting a dog and he’s sick.”

⌈ (K-9s) are an  
essential part of the  
war on terror ... Lives  
and American assets  
are constantly  
protected by them.⌋

- Cpl. Jeremy Hernandez

While the dogs’ health and performance must be constantly monitored and evaluated, sometimes it’s best to take a step back and let the dog do what it knows how to, according to Garcia.

“The dogs are going to go through multiple handlers,” said Garcia, “which is why we want them to be independent. We don’t want them to rely on the handler all the time to know when they’re doing something right or wrong.”

To encourage independence, the handlers practice delayed gratification, which teaches the dog to be sure of himself and his find.

Being a K-9 handler requires a lot of time, training and experience, but watching a dog learn and grow is very rewarding, according to Cpl. Jeremy Hernandez, station military police K-9 handler and native of Austin, Texas.

“I look forward to coming (to work),” said Hernandez. “You learn a lot about the dogs and their capabilities.”

Thanks to the canines’ capabilities and attributes – acute senses, speed and aggressiveness - military policemen have greater versatility when protecting lives and property both on station and on today’s battlefields, according to Hernandez.

“(K-9s) are an essential part of the war on terror,” said Hernandez, who added that in many situations, the dogs are irreplaceable. “Lives and American assets are constantly protected by them.”

► Cpl. Eddie Garcia, station military police K-9 handler and native of Lytle, Texas, rewards a military working dog for locating a substance commonly found in explosives during training here Aug. 20.



Lance Cpl. Chris Dobbs



# ‘Checkmate!’ Marine claims Marine Lounge Chess Tournament title

by Lance Cpl. Chris Dobbs  
Shimbun Staff

**W**hile many Marines and sailors like to rely on their physical abilities to defeat their opponents, the Marine Lounge Chess Tournament here Saturday offered a purely mental challenge.

Capitalizing on years of chess playing experience, Lance Cpl. Derek Rowe, Marine Aircraft Group 12 logistics clerk and native of Proctorville, Ohio, out-strategized his opponents to claim the tournament title.

Eight service members with a medley of chess playing backgrounds and ability levels participated in the double-elimination tournament. The players had a 30-minute time limit to make their moves for each game, but mismatches in ability kept most of the first games from lasting longer than 15 minutes.

As the tournament progressed, pawns, rooks and bishops fell, leaving their king with nowhere to hide. The hands of two players were responsible for most of the calculated chess board slaughter.

Rowe and Petty Officer 1st Class Fatin Bell, Marine Aviation Logistics Squadron 12 aviation boatswain's mate (fuels), ransacked their opponents' side of the board during a series of games leading up to the tournament's championship match.

Rowe, a former high school chess club president, faced a tough opponent in Bell, an avid player, who defended his side of the board well in the first game of the best-of-three championship match. However, Bell eventually succumbed to Rowe's aggressive offensive maneuvering after more than 40 minutes of play.

To claim the tournament title, Rowe had to prove his mettle by beating Bell a second time. In the rematch, however, neither player was able to get to the other's king, as the match ended in a stalemate.

In the third game, the pressure began to mount as Rowe tried to strike Bell with a finishing blow. With one small, seemingly insignificant move of his pawn -- the game's weakest piece -- Rowe hit a nerve. Bell was forced to sacrifice his rook as Rowe took control of the board.

**‘Once you’ve seen the possible moves a certain amount of times, your reactions are instinctive.’**

**- Lance Cpl. Derek Rowe**

“He couldn’t move because he would have been in check,” said Rowe. “That move allowed me to solidify the victory.”

Rowe said the key to his success was his experience.

“Once you’ve seen the possible moves a certain amount of times, your reactions are instinctive,” added Rowe.

Some service members had less experience playing chess, but nonetheless are passionate about the game and enjoyed the challenges their opponents brought to the table, said Lance Cpl. Danda Oglesby, Headquarters and Headquarters Squadron passenger travel office clerk. *See Chess on page 10*



Lance Cpl. Chris Dobbs

▲ Lance Cpl. Danda Oglesby, Headquarters and Headquarters Squadron passenger travel office clerk and native of Baltimore, cautiously moves a piece during the Marine Lounge Chess Tournament here Aug. 18.



*Chess continued from page 3*

"I think (chess) is a good game. It develops your mind," said the native of Baltimore. "The game is as challenging as your opponent to some degree, but your attitude and mood have a lot to do with how well you play."

Playing chess is not only an opportunity to meet and spend time with fellow service members, but rewards players with sharper decision-making skills, according to Oglesby.

"I start to think if I do this, this could happen or that, that could happen," said Oglesby. "I'm more deliberate when faced with difficult decisions. I know if I make the wrong move in life, that could be it – checkmate," said Oglesby.

Keeping Marines out of situations where they might face difficult decisions was one of the goals of the tournament, said Oana Ivanoff, Marine Lounge manager and native of Onesti, Romania.

"It keeps Marines out of trouble and gives them something to do," said Ivanoff. "I know Marines that like (chess), and I thought it would be fun for them."

**I know if I  
make the  
wrong move  
in life, that  
could be it -  
checkmate ;**

**- Lance Cpl. Danda Oglesby**

The Marine Lounge hosts a pool tournament every Saturday and Sunday and another chess tournament is scheduled for Sept. 29. There is also a ping pong tournament scheduled for next month.

"I definitely encourage people to participate," said Ivanoff. "Everyone has fun."

The Marine Lounge is located above Navy Federal on the second floor of the Crossroads Mall.



Lance Cpl. Chris Dobbs  
▲ Marines and sailors tested their mental prowess during the Marine Lounge Chess Tournament here Aug. 18. Lance Cpl. Derek Rowe, Marine Aircraft Group 12 logistics clerk and native of Proctorville, Ohio, out-strategized his opponents to claim the tournament title.



## Summer Reading Program reaches last chapter, turns the page for Iwakuni's youth

by Pfc. Kyle T. Ramirez  
Shimbun Staff

The closing ceremony of the Summer Reading Program hosted by the Station Library took place Aug. 15 at the Crossroads Amphitheatre here.

During the semi-competitive reading program, 128 children were encouraged to read for at least 25 hours throughout the duration of the six-week program. Those who exceeded the time were entered for a drawing during the closing ceremony, giving them a chance to win the grand prize - a portable DVD player.

"Although the kids had a little incentive to read more, they weren't completely prize-oriented," said Belinda Pugh, station librarian and native of Winchester, Va. "This program is a very constructive way to get them away from video games all summer and help them develop learning and comprehension skills which will be greatly needed the older they become."

Nearly 50 children read more than the set 25-hour goal during the program. During the ceremony, Lauren A. Smith was recognized as the "Lady of Reading," a distinction granted to the participant who dedicated more than 100 hours in the allotted time.

"I've never been awarded for reading before; it's very exciting," said the Denver native. "I think I probably would have read 100 hours anyways. I live at the library. Ms. Pugh had a good way of keeping everyone involved in their reading."

The program's theme, created by Pugh, was "Dragons, Dreams, and Daring Deeds." Each Wednesday over the six-week period Pugh read the children different books supporting the theme, and educated them on the culture of the renaissance period. During the closing ceremony, librarians and volunteers decorated the amphitheatre and wore costumes and makeup, creating an atmosphere simulating a renaissance festival.

"Even though there probably wasn't a balloon-twisting clown with oversized red shoes during the renaissance, it still sparks imagination if you're a kid," said Jason B. Knight, Station Library technician and Iwakuni native. "Reading during the summer encourages imagination. Video games don't. A strongly developed imagination is quickly becoming a very valuable asset to the large-scale business and entertainment industries these days. We're helping to prepare these kids for the rest of their lives."

Entertainment Weekly has coined a new unofficial name for the current youth's generation. The "Harry Potter" generation, characterized by children raised on literature-to-cinematic phenomena including "Harry Potter," "The Chronicles of Narnia," and "Lord of the Rings," was amazingly conceived out of the Internet generation, characterized by children and teens raised on video games, the Internet, emoticons, and a whole world of diminished English language - LOL's and OMG's. A child encouraged to read and channel his or her imagination at a young age could be the next J.K. Rowling, and quite possibly save the entertainment world again, said Knight. Pugh encourages the summer reading program for a similar reason.

**'The SRP has made it tons of fun for me to be bored and just read.'**

- Lauren A. Smith

"I recently read a study that children suffer a dangerous loss of knowledge between school years due to lack of studying during the summer," said Pugh. "The SRP does a lot to prevent this from happening I think. The children are constantly expanding their vocabulary and sharpening their sentence structure and grammatical competence each hour they read."

"Even though the majority of the books we encouraged them to read are fiction, eventually, the children will desire to become informed of their culture and their world. That is why I taught them about the renaissance. This young generation is experiencing a new renaissance through imagination and creativity. Each time I do these summer reading programs, I like to feel like I am reading to the next President of United States. And I probably am," Pugh chuckled.

The SRP is not the only way to begin enhancing the scholastic fitness of our nation's next president. Pugh encourages parents to read to their young children at least 15 minutes per day, and to start some sort of log similar to the SRP where for every five hours the children read they are rewarded in some way.

"I know I'll continue to read whether school is going on or not," said Smith. "The SRP has made it tons of fun for me to be bored and just read."



# MALS-12 service members drive, chip, putt to raise funds for squadron

by Lance Cpl. Chris Dobbs  
Shimbun Staff

**M**arines and sailors from Marine Aviation Logistics Squadron 12 teed up at Torii Pines Golf Course during the Marauder Spouses' Club Golf Tournament here Friday.

The event raised more than \$800 for the Spouses' Club, which uses the money for Christmas activities, squadron family days and community relations projects, according to Erlinda K. Knight, Marauders Spouses Club member and tournament organizer.

"The community supports us so we can support them," said Knight.

The hazily hot, black-flag weather didn't deter 60 Marines and sailors from supporting their squadron. Each service member donated \$29 for the round, food and prizes. Some also bought mulligans and competed in a putting challenge to raise additional money.

"It's definitely nice to get a day off from work and come out here and have fun with your friends," said Cpl. Jeffrey Kerin, MALS-12 aviation ordnanceman and native of Selbyville, Del.

Prior to the 11 a.m. shotgun start, the players chowed down on hamburgers and hotdogs and were briefed on tournament rules.

The 18-hole event was a scramble format, where each four-man team used the best of its four shots for every shot played.

"If we didn't (play the scramble format), there's no way we would've been able to finish," said Lance Cpl. Jonathan Davis, MALS-12 aviation ordnanceman and native of Monroe, La. "We would have ran out of balls. It was that bad."

Not every team hit wild shots however.

Some golfers hit soaring tee shots and precision approaches, including the two teams that finished in a tie for first place with a score of 8-under-par 62.

"We played pretty well," said Cpl. Joseph Gschwind, MALS-12 aviation ordnanceman and member of the winning team. "We pulled together and took everyone's shot. It was definitely a team effort."

Gschwind said his team breezed through most of the round, dropping just 1 shot to par on the par-3 sixth hole, before recovering with a birdie on the par-5 seventh. The team's most stressful moments came after the round was over, according to Gschwind.

"We we're just waiting to see if anyone else was going to match us or beat us," said Gschwind. "It was pretty tense."

When another team did match Gschwind's team, tournament officials went to the scorecard for the tiebreaker, comparing the teams' scores on the first hole. Gschwind's team's birdie gave them the edge they needed.

"It definitely felt good to win," said Gschwind, whose team was awarded duffel bags. "Most of all, it was just good to take a break from work and relieve stress."

Whether they won or loss, completed the round or didn't, all service members who participated in the tournament contributed to their squadron.

"It turned out great. It was really wonderful," said Knight. "It was a very successful event thanks to the squadron's support."



▲ Lance Cpl. Jonathan Davis, Marine Aviation Logistics Squadron 12 aviation ordnanceman and native of Monroe, La., watches his putt on the eighth hole at Torii Pines Golf Course during the Marauder Spouses' Club Golf Tournament here Aug. 17.



# Sun, bands, miles of sand await Hikari visitors

by Lance Cpl. Noah S. Leffler  
Shimbun Staff

It was a Saturday like any other. I was feeling particularly lethargic lounging on the couch flipping through channels when a pesky glare caught the screen and nearly blinded me.

“Stupid sun,” I muttered as I slowly rose to shut the curtains, annoyed Mother Nature was attempting to foil my plans of not moving a muscle on my day off.

Then it hit me. I was looking out the window when I realized that by staying indoors I would be squandering one of the prettiest afternoons I had seen in weeks. I had my whole life to eat Cheesy Poofs and watch reruns of “The Golden Girls.” A balmy summer day like this was just too perfect to pass up.

After packing a change of clothes and rounding up a few friends I was ready for some old-fashioned fun in the sun. The question still remained, however: what would be our destination? At the advice of a Japanese friend we settled on Nijigahama Beach in downtown Hikari and were soon on our way to an awesome weekend out the gate.

Arriving in Hikari you’ll immediately notice the city’s inviting seaside feel as palm tree-lined streets and a multitude of small stores, bars and restaurants dot the coastline. After getting off the train and a short walk to the coast, we grabbed an ice cream cone and staked our place on the shore.

Although the sand in Hikari is slightly coarser than you might find on some American beaches, Nijigahama boasts a clean shoreline and a rocky area at its northernmost border perfect for climbing and observing sea life in the tide pools. The setting sun behind far off islands is also a sight not to be missed.

Nijigahama is perfect for families with its gentle waves and kiddie pools overlooking the coast. If you wish to spend the weekend camping on the beach, sites are available for around 1,200 yen per night for small groups. Simply pay the beach employee who will be walking around the camping area. Got a hankering for some outdoor barbecue? Fire pits and grills can also be found in the camping areas.

Hit up any of the al fresco beachside bars and take your drink out on the sand, just be sure to leave your area cleaner than you found it.



Bringing your own trash bag isn’t a bad idea, although attendants walking the beach will be happy to provide you with one.

Swimming and checking out the various establishments was such a blast Saturday we decided to return for a relaxing Sunday afternoon, this time with our Japanese friend. She recommended we check out Murozumi Beach, which is a scenic 45-minute drive approximately 5 kilometers south of Nijigahama on Route 188.

We had an equally good time at Murozumi, although it seemed to be geared more toward families with fewer bars and a larger kiddie pool area.

◀ A lone beachgoer enjoys a sunny day at Nijigahama Beach in Hikari Aug. 19. Although the sand in Hikari is slightly coarser than you might find on some American beaches, Nijigahama boasts a clean shoreline and a rocky area at its northernmost border perfect for climbing and observing sea life in the tide pools. The setting sun behind far off islands is also a sight not to be missed.

Also notable is the large Fishing Park Hikari Pier at the beach’s southernmost point, which anglers can access and fish up to four hours for 660 yen.

By the end of the day we ventured back to Nijigahama Beach for a quick bite to eat before heading home, but our evening was far from over. The small outdoor restaurant we picked featured a local zydeco band, and we ended up singing and dancing late into the night. It may have been a little harder to get up Monday morning, but the memories were well worth it.

Station residents can make their own memories in Hikari by calling the Marine Corps Community Services Information Tours and Travel office at 253-4377.





Lance Cpl. Noah S. Leffler

Lance Cpl. Park P. Crisp, Marine Aviation Logistics Squadron 12 aircraft maintenance support equipment technician and native of Bradenton, Fla., finds the strength to finish his last push-up at the North Side Track Aug. 22. Due to the black flag heat index, MALS-12 was unable to perform a scheduled boots and utilities run to WaterWorks Outdoor Pool, but the warriors still found time for a brief workout and motivating speech by Sgt. Maj. James C. Kirkland, squadron sergeant major and Des Moines, Iowa, native, before breaking for lunch.



# 1,2,3,4 ... Yuppie Corps

by Cpl. Mark Fayloga  
MCBH Kaneohe Bay, Hawaii

**I**n case you haven't heard, the higher ups are currently developing a Marine Corps Running Suit. If you surf on over to [usmc.mil](http://usmc.mil) you can even take a PT Uniform Survey and cast your vote for which suit you think is more aesthetically pleasing. I have a question for whoever is heading the change of our pt uniform ...

What's wrong with my green on green sweats?

Sweats are great. You know who ran in sweats? Rocky ran in sweats. Rocky! He went from a nobody bum to the world champ and a large part of that transformation was due to running in plain ol' sweats.

Running suits are alright, but do you know who uses running suits to run? The same type of guy who wears a wireless cell phone head piece while running ... A yuppie. That's right, I said it.

It's not that the new running suits being developed don't look sharp. They do look good. They just don't look like they fit in the Marine Corps. If I saw a formation of Marines wearing those running suits while on a run I believe it would look like a gaggle of soccer moms enjoying a nice jog. I would probably look around to see if anybody was pushing a bambino in one of those nifty running strollers.

This is why the new suits bother me. I don't want a group of Marines running in formation to look like yuppies. Or even worse, we might be confused with Airmen or Soldiers.

Some may argue that the pt uniform needs to be modernized. We need better ventilation or lighter material, and that's fine. So take those ideas and apply them to my green on green sweats. We don't need to come out with a whole new uniform. Let alone hold a survey on what a running suit needs. That survey should be one question long.

1- Can you run comfortably in this?

Here are just a few of the "attributes" listed on the survey singing the praises of the new running suit; Straight ankle cuff style, storm flaps on jacket pockets, and knee articulation.

You know, I've never once been out for a run in my green on green sweats and thought to myself, "Man alive, I could really go for some knee articulation in these sweats."

## What's wrong with my **green on green** sweats?

Perhaps it's because I have no clue what "knee articulation" means. I'm no doctor, but I'm fairly certain the knee is that bumpy thing in the middle of my leg. As for articulation ... I have no idea what its definition is, but I do know articulate means the ability to use language easily and fluently. So in these new running suits my knees will become better speakers? That's good I guess, just in case midway through a run somebody challenges my knees to a debate or asks them to be a guest speaker at a graduation or something.

Maybe it's just me, but part of the appeal of the green on green sweats is the grunge. They're old school, a bit tougher. A part of why I love being in the Marines is we do more with less. I don't want to wear a running suit to pt. Why sissify our pt uniform? What's next? Are we going to do away with high and tight to embrace faux-hawks as the new Marine haircut?

I urge you reader, go to [usmc.mil](http://usmc.mil) and take the survey, save our green on green sweats. It may be futile to try and save them now, but it's worth a shot. Until the day I'm required to slip into a yuppie suit I will continue to run in my green on green sweats, Eye of the Tiger blaring in my head.

"Yo, Adrian!"



## Marines honor 65th anniversary of Guadalcanal landing

by Cpl. Antonio Rosas  
MCB Camp Pendleton

U.S. service members, soldiers from various South Pacific countries, World War II veterans, government officials and Solomon Islanders gathered Aug. 7 to honor the 65th anniversary of the battle of Guadalcanal.

The ceremony was held at the Guadalcanal American Memorial, which overlooks the South Pacific Ocean as well as the vast jungle terrain where more than 7,000 Americans and 30,000 Japanese lost their lives during WWII.

The Guadalcanal campaign in 1942 was the first major American Pacific campaign in WWII, and the first time the 1st Marine Division conducted combat operations as a division.

“I’m walking on hallowed ground here and I’m honored to have the opportunity to be here today,” said U.S. Marine Corps Brig. Gen. John A. Toolan Jr, principal director for the Office of the Deputy Under Secretary of Defense. “As a United States Marine, you can imagine this is very special to me.”

Various government officials from the U.S., Solomon Islands, Australia, New Zealand, Korea, New Guinea and the United Kingdom were also in attendance and laid wreaths at the memorial in remembrance of the fallen warriors.

“We wish to commemorate the unselfish sacrifice of those who brought peace to our shores, and let us not forget those who are still serving in other dangerous parts of the world,” said Solomon Islands Prime Minister Hon M. Sogavare. “We are forever grateful and determined to keep their memory alive.”

### HONIARA, Solomon Islands

Before World War II, not many people knew about the small island of Guadalcanal near the Australian coast, but after the six-month battle, Americans became very familiar with the events that unfolded here from Aug. 7, 1942, to Feb. 9, 1943, said U.S. Ambassador to the Solomon Islands Leslie Rowe.

Several people in attendance were WWII veterans who served in the day-to-day fighting on Guadalcanal. They crossed thousands of miles of the South Pacific Ocean to pay their respects, visit some of the battlefield memorials and reconnect with other veterans.

“I’m more scared here addressing you all than I was out in the bush in 1942,” said Owen ‘Buz’ Miller, a U.S. Army veteran who served with the 147th Infantry Regiment. Miller was chosen to speak on behalf of the countless war veterans who could not make the long trip. “On behalf of all the veterans, I thank you for remembering us all. You have our most profound thanks.”

Solomon Island veterans, who served the U.S. and her allies as ‘coast watchers’ and scouts, were also recognized at the memorial. Warriors such as Sgt. Maj. Vouza, who was made an honorary sergeant major by General Vandegrift and who earned both a Marine Corps Legion of Merit medal and a Silver Star medal, were acknowledged for their support against the Japanese in a separate ceremony following the main ceremony. *See Corps on page 17*



# AROUND THE CORPS

## HONIARA, Solomon Islands



Cpl. Antonio Rosas

◀ Brig. Gen. John A. Toolan Jr., principal director for the Office of the Deputy under the Secretary of Defense salutes the colors during the memorial ceremony for the 65th anniversary of the Battle of Guadalcanal, in Honiara, Guadalcanal, Aug. 7. The Guadalcanal campaign in 1942 was the first major American Pacific campaign in WWII and the first time the 1st Marine Division conducted combat operations as a division.

Several Marines from the Camp Pendleton-based 1st Marine Division and the Hawaii-based Marine Forces Pacific Band made the voyage out to the remote island to provide support and represent the division with the official Marine colors.

“It is an honor for me to be here at this memorial where so many Marines fought viciously and died for their country,” said Cpl. Joshua L. Vee, a motor transport operator with 2nd Battalion, 11th Marine Regiment who served as a colors bearer for the ceremony. “I don’t know any other Marine who has gotten the opportunity to come to this historic place for the Marine Corps. I will remember this for the rest of my life.”

Numerous veterans from many different countries and branches of service who participated in the battle of Guadalcanal were also honored in the island’s day of remembrance.

Every year, there is an observance for the anniversary of the Marine landing at Guadalcanal, although the last one of this size and level of support was 15 years ago during the 50th anniversary of the Marine landing here, according to local government officials.

As the Marine Forces Pacific Band played ‘Taps’ in honor of the many lives lost in battle, Marines like Vee fought back tears. The ceremony closed with the playing of the Marines’ Hymn.

*Corps continued from page 16*

The 53-year-old Toolan, who led Regimental Combat Team 1 through Iraq during Operation Iraqi Freedom I and II, also attended the memorial observance.

“General Vandegrift said about 45 years ago that the scouts saved Guadalcanal and Guadalcanal saved the Pacific,” said Toolan, from Brooklyn, N.Y. “I feel honored to remember those who served here 65 years ago.”

The day was also an opportunity to honor another fallen warrior at a dedication ceremony later that day.

A beach-side memorial was constructed to honor U.S. Coast Guard Petty Officer 1st Class Douglas A. Munro, who posthumously received the Medal of Honor, the nation’s highest medal for combat, for his actions during the Guadalcanal campaign.



# Lean Six Sigma: *The Tools of Lean Six Sigma*

by Darrell E. Coleman  
Contributing Writer

Continuous process improvement (CPI) has arrived in Iwakuni and under the CPI umbrella are many things we are staged to learn.

There are several tools which make up the LSS arsenal. During the next several articles I hope to increase your understanding and provide practical direction towards the use of LSS tools in your work environment.

This week I am introducing the concept of 5-S (pronounced “five-ess”). 5-S has its roots set in post-World War II Japanese manufacturing.

At that time the manufacturing companies were forced to minimize their production with very few resources. A grassroots method was developed to minimize waste through making any and all scrap count for something.

The 5-S process stands for five Japanese words which represent good organization. Roughly translated they are;

- Sort (Seiri)
- Set in order (Seiton)
- Shine (Seiso)
- Standardize (Seiketsu)
- Sustain (Shitsuke)

5-S is not just another “field day” or highly organized cleaning process; it’s a system that allows individuals and work centers to work more efficiently. The effective application of 5-S requires perseverance and determination, an uncanny ability to see what’s important, and a strong awareness of attention to detail.

Let’s begin by looking at each of the steps individually:

## “Sort”

Sorting means leaving only the essentials. You can begin by removing any items which are not needed for current office operation from the workplace. If in doubt, throw it out. At the very least, set any questionable items aside for a later fixed date with a usage tag and if not used before that date then these items are thrown out.

## “Set in order”

To set in order means arranging only the necessary workplace items for quick and easy access and maintaining their arrangement. Tools and essential work items are placed where easily employed, often utilizing shadow boards when appropriate making sure they are labelled correctly. Commonly used items are stored within easy reach, reducing any need for bending, stretching and excessive walking. Wheels are attached to items that have to be moved often, such as tool boxes and portable workstations or storage chests.

## “Shine”

Shine involves cleaning everything. Everyone is made responsible for their own working area, keeping any equipment clean and in good order and making sure tools and supplies are where they should be.

Similar to the way a pilot conducts a pre-flight check, a cleaning regime is carefully documented and timed to make sure enough attention is given to carry out necessary work and ensure everybody understands what is expected of them.

## “Standardize”

Standardize involves creating guidelines for keeping the area organized, orderly and clean. It makes standards visual and obvious by applying.

## “Sustain”

Sustain is perhaps the toughest of the 5-S's. It is our human nature to resist change and organizations often find themselves with dirty, cluttered work environments just a few short months following their implementation of a 5-S system. The tendency is to return to the way they were, the comfortable way of doing things. Sustain focuses on defining a new standard of work place organization.

There you have it. What are you waiting for? Plan a 5-S for your workplace. A fully implemented, 5-S process will increase morale, create positive impressions on customers, increase efficiency and organization, and even establish a strong sense of belonging for employees. It takes a lot of commitment and involvement by everyone to keep a 5-S effort going and to prevent the organization from sliding back into the old ways of doing things.





**Navy Airman Gary Cosgrove**  
**Lubbock, Texas**

"The football season is always a really good time to get everyone together and have some competition. I'm definitely looking forward to it. No predictions, it's going to be pretty close. I prefer college football. I'd have to say the University of Texas or Texas Tech."

**Master Sgt. Derrick Hart**  
**Greenville, N.C.**

"Yes, I'm very excited about the upcoming football season. My favorite team is the Denver Broncos. I think we're the team to beat this year in the AFC West. Broncos all the way."



The football season is upon us. NFL preseason play began Aug. 5 and college football kicks off Aug. 30. The New Orleans Saints play host to last year's super bowl champs, the Indianapolis Colts, in the NFL's first regular season game Sept. 6. Even though station residents can't watch the games at their usual weekend afternoon times, we know there are some eagerly awaiting the season's start. And, of course, some could care less. So we were wondering...

**Are you excited about the football season and do you have any predictions?**



**Lance Cpl. Richard Peacock**  
**Claremore, Okla.**

"Hell yeah, I gotta watch my Broncos. I'll do whatever I can, whenever I get a chance, to watch a game. I'll watch it in my room, maybe have some friends over and drink some beer."

**Cpl. James Karcher**  
**Pittsburgh**

"No, not really, I haven't watched TV in the two years since I've been here. I just want the (Pittsburgh) Steelers to win."







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