

Ambassador visits Iwakuni

COL. DAVE BONI
Press Chief

The United States Ambassador to Japan, Howard H. Baker made his way to the Station for a brief visit Jan. 30.

The ambassador frequented a few of the facilities with Col. Dave Darrah, Station commanding officer before coming to the Headquarters Building to speak with officers and staff noncommissioned officers. But first he wished to recognize one Marine in attendance.

Sgt. Angel Luciano, a detention specialist with the Provost Marshal's Office was given a Navy Achievement Medal for his efforts in devoting countless hours in several projects ranging from Martial Arts to the basics in riot control formations.

"I felt very privileged and honored that Ambassador Baker took time and presented the award to me," said Luciano. "Mr. Baker is a great leader and a successful man. It was a great honor to be given this award by him."

After the award ceremony, Baker greeted the senior personnel here with admiration for their efforts.

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Liberty restriction lifted

LANCE CPT. DAVID REVERE
Combat Correspondent

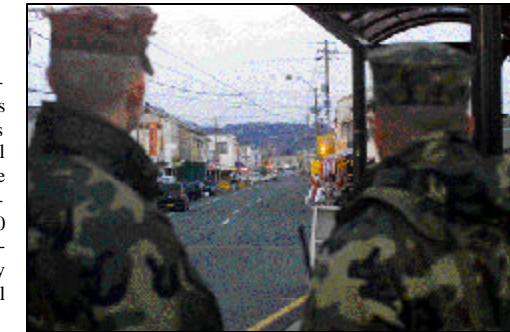
After three weeks of liberty restriction, Marine Corps Air Station Order 1050.5 was rescinded Wednesday. All service members aboard the Station are now allowed off-base between the hours of 10 p.m. to 5 a.m. Orders regarding liberty buddies, off-duty attire and liberty limits are still in place.

"In November of 2003 the word was passed through your leadership aboard MCAS Iwakuni that another incident involving Japanese persons or property would force me to place limits on liberty," said Col. Dave Darrah, Station commanding officer.

"For almost two months, MCAS Iwakuni was incident free. However, poor judgment exhibited by one of our servicemen compelled me to impose restrictions on off-base liberty."

During the restriction, not a single incident occurred.

"I hope that it stays that way," said Sgt. Maj. David Allison, Station sergeant major. "We needed a wake up call, and hopefully this has given people time to reflect."



Lance Cpl. Ruben D. Calderon

The liberty policy has now ended, but its up to service members here to act like the ambassadors they are this does not happen again.

Darrah also noted that with the lifted restrictions comes a responsibility shared by every service member.

As individual ambassadors to Japan, each person's behavior reflects not only the United States military, but the country itself.

"You have to look at yourself as a guest," said Allison. "Treat these people as you would if you were a guest in someone's house, and you will get treated fairly in return."

Alcoholism was a factor in nearly every incident during the past year. "If you exhibit poor judgment when you

drink, then stop drinking," said Darrah. "Being drunk is no excuse for disruptive, violent behavior. If you see a fellow Marine, Sailor, Soldier, or Airman starting to cause problems, don't ignore the situation, but take charge and defuse it before it could escalate into an international incident."

According to Darrah, whether or not these restrictions are reimposed depends on the actions of every individual aboard the Station.

"If these incidents continue to occur, we stand a chance of losing even more off-base privileges," said Allison. "We have a mission here, and we can't forget it."

From the colonel to the private, every Marine shared the consequences of irresponsible actions. Likewise, every Marine now shares a responsibility to keep each other accountable.

"The majority of our service members know how to conduct themselves," said Allison. "But we can't predict who the next knucklehead will be. This has hopefully opened up everybody's eyes."

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IWAKUNI WEATHER

Today
Partly Cloudy
High: 42

Saturday
Showers
High: 43

Sunday
Partly Cloudy
High: 44

www.iwakuni.usmc.mil

Child care policies explained

CANDEE SIAM
Family Child Care monitor

Family Child Care policies and procedures have raised many questions on a variety of public forums aboard the Station as of late.

Many people have the misconception that the FCC is babysitting. Providers are licensed professionals offering a great service to the community while running their own business.

FCC providers are thoroughly screened and trained prior to opening their business. The provider's home has to be inspected prior to licensing; each successive recertification must pass inspections by preventive medicine, Station safety, the Station Fire Department and the FCC monitor.

The provider must complete a yearly physical, and additionally, everyone in the household must maintain current immunizations. Members of the household over the age of 12, to include the provider and the sponsor, are required to have five background checks completed annually, in addition to the initial certification process. FCC providers have to maintain current CPR and First Aid certifications, attend 35 hours of initial FCC Provider Training, and maintain two hours

of additional child care training per month.

Another concern aboard the Station is why the FCC is so expensive. The fees charged by the FCC Providers must cover food, cleaning supplies, as well as educational aids and equipment that usually cover multiple age groups and developmental levels.

FCC providers do not have professionally prepared meals for the children in their care. There are no janitorial services provided to properly sterilize/sanitize all equipment and areas that the children come in contact with, and there is no receptionist to prepare and maintain the myriad of administrative paperwork (i. e. tax records, registration/contract documents, attendance records, etc.) pertaining to each child.

FCC providers do not have the benefit of having a manager on duty to set and enforce policies and procedures, or a partner to provide assistance throughout a workday that starts well before the working parent brings the child to the FCC, and continues long after the children leave at the end of the day.

Beginning in February 2004, parents will pay the same price to attend FCC that they would pay to attend CDC. Sub-

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Torii Teller

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Victim of theft lashes out

CHIEF WARRANT OFFICER LEN TIPPETT
Letter to the Editor

Something recently happened that made me lose faith in my personal security on this base and I was wondering, if I had something to say about things going on around here, would my comments be heard?

Well I figured I would give it a shot since I have been pretty patient about the numerous acts of stupidity here since I have been stationed at this great base.

Shortly after arriving on the Station, I was given the usual indoctrination and "good advice" about my conduct and behavior, and what was expected of me as a Marine on and off the Station. I took everything I was told to heart and figured I was one of a majority of people here.

Unfortunately, I have been sorely wrong. Since I have been here in the past five months (less than a UDP), I have been wakened in the middle of the night on several occasions by very loud people coming back from the club anywhere between the hours of midnight and four in the morning. I know they are loud and so does my commanding officer who has also heard this in the past. By the way, he lives some distance from me. Now I work five days a week just like everyone else here, but a little common courtesy would be greatly appreciated, especially for the loud music that blares that late in the evening.

There has also been vandalism to the golf course and to portions of the club that have been newly renovated. And the numerous careless and stupid acts of stupidity by military members of this base that go to town and think they can treat the local inhabitants as if this were America.

And recently, to add insult to injury, I had my golf driver stolen out of my golf bag while it sat by the door to the club house. I know it was there before I parked my bag because I used it on the eighth hole. After an exhaustive search in and around the eighth and ninth hole, thinking I had dropped it, I reported it to the golf manager inside the club house who logged it in her log book just in case it reappeared.

Now I know it is just a select few who think they have more rights and privileges than the rest of us. But there needs to come a time when those service members who see the debauchery going on put a stop to it before we get more of our liberty secured. On numerous occasions I have had to stop service members and ask them what they think they are doing.

I truly believe at times they have lost their mind. The individuals responsible should be held accountable for these actions. Maybe stiffer punishment would help deter these actions. Maybe everyone should quit turning a blind eye, and instead look the fool hardy in the eye and ask the tough questions and make the report. Again I say hold them accountable for their actions.

We can't lock them away, but I am very sure there are things we can do to ensure the random and mindless acts of stupidity that happen get punished and then published. Maybe publishing their names instead of the act would make them think again.

As for the Marine that beat up his buddy for robbing the Japanese nationals house not long ago, I say "good on you." It might not have been the right answer, but I think he got the message across.

Sports dispute misunderstanding

MASTER SERGEANT DUNCAN-JOHNSON
letter to the Editor

This Letter is in direct response to the two articles, "Youth coaches needed - Back talk not a requirement" and "Youth Sports all about Volunteers" in the 30 January 2004 issue of the *Torii Teller*.

Neither article is the total truth therefore I am writing the truth that concerns me. I did not go to Youth Sports demanding anything. My reason for going to Youth Sports was due to the surprised unpleasant phone call I received from Cox, who told me that my son was on his team. I did tell him that I did not request him because I had requested someone else.

I was unaware that I should not have requested a coach. I told Jamie Buning about the phone call and that I did not want my son to play on the team due to the unpleasant phone call.

I also told her that I did not know nor am I acquainted with the individual, but he was unpleasant when he called my home. I then asked her why my son was not put on one of the teams I requested coaches for? She then replied, "parents' requests are no longer granted due to policy change."

I told her it was unfair that I was not notified to not expect my child to be on a requested coach's team, at

least I would have known that a different coach would have called me.

I then had a meeting with Bobby Brown and Brian Wilson, after Brian Wilson called and told me that he was instructed to call and tell me that my son would play on another team. I explained the same information to them, but was told that it was above them for my son to remain on the team that he was picked for.

I told them that this was my first time ever being displeased at the Youth Sports Department. I should have been contacted out of courtesy.

Information should have been published concerning the policy change with parent's requests. Also, I told them that it was unfair to me to have registered my son on the second day of the registration's opening date and my application to be put in a pile awaiting a coach- very unsatisfactory!

I also explained to them that it does not matter to my son on which team he plays for, neither is he aware of what's going on. I then requested for my son to be taken off Cox' team because of the phone call. I said to them that the coach should have been pleasant in calling my home. Bobby Brown then explained to me who the individual was. Brain Wilson then told me that my son should not have been put on another team; and if he doesn't stay

on the team he was picked for, he will not play! I was displeased with him for the comment because I thought it was a threat.

I will not prevent my son from playing a sport due to adult errors. I told him that my son will play on a team. Bobby Brown then asked me to let my son stay on the team and if there is any problem, I must return and speak with him. I told him that I am going to give it a try, because I do not like confusion or any nonsense and will hope for the best.

As for Laura Cox (I had never spoken with her) and Bob Johnston, I do not know who gave them the wrong information. I did not demand or threaten anyone, because I do not start confusion. I am a peacemaker! Had the two individuals spoken with me as I did with the above three mentioned individuals; they too would have known the truth.

Also, I have always said "thanks" to all the coaches in the past that my son played for. I am not short of being thankful for the least of anything. I would imagine that the last 10 words (I do not use such words to anyone) written by Laura Cox, will hold true to her.

For me, this is "water under the bridge;" and I have crossed over safely!!!!

Future planning for separating Marines

LANCE Cpl. RUBEN D. CALDERON
Combat Correspondent

Every month a five-day seminar is given to service members waiting to separate from the military here at the Career Resource Management Center at Building 411, between the Crossroads Mall and Building One.

Transition Assistance Program seminars are, by congressional law (Public Law 101-510 as amended by Public Law 107-103), mandatory to all soldiers who are leaving the armed forces, regardless of rank, years of service or type of discharge.

The TAP seminars aim to give service members ideals and help in setting-up plans for life after the military, said Jane Iwane, CRMC assistant program specialist.

In essence, if service members do not attend the seminars, "one day they will wake up and be out of the military. They couldn't wait for that day. But once they're out, they'll think to themselves, 'Now what?'" said Stewart Kaplan, career resource management center, TAP counselor.



Official Torii Teller Photo

In order to leave the "Freedom Bird" on time, the correct paperwork must be filled out.

The classes offer in-depth perspectives on how to prepare "for that day."

Topics include individual transition plans, effects of the career change, assistance in employment, relocation assistance, education, health, life insurance, finances, reserve affiliation and disabled veterans.

Soldiers' and Sailors Civil Relief Act replaced

CL. JEFF ZACCARO
Combat Correspondent

MARINE CORPS AIR STATION MIRAMAR, Calif.—President George W. Bush recently approved the new Service members' Civil Relief Act to replace the Soldiers' and Sailors' Civil Relief Act of 1940.

The new act provides protection to service members who are having difficulty meeting personal financial and legal obligations due to their military service and adds some benefits to the previous SSCRA.

With the SCRA in place, "Service members on long-term deployments or called to active duty should not have to worry about their families in their absence being evicted from their quarters without sufficient legal protections, or that they are paying on a leased car or apartment that they can't use, or about civil legal proceedings they can't attend because of their deployment," Air Force Lt. Col. Patrick Lindemann, deputy director for legal policy in the Office of the Undersecretary of Defense for Personnel and Readiness, told the American Forces Press Service.

Not only are these services available for uniformed service members, but also Public Health Service, National Oceanic and Atmospheric Administration officers, National Guard members called to federal active service in excess of 30 days, and U.S. citizens serving in the prosecution of a war or military action with a U.S. ally are also protected.

One of the highlighted changes of the new act is a clause that puts a six percent cap on debt interest rates. According to Judge Advocate Legal Advisory 1-04, a

memorandum released by the Head Legal Assistance Branch, Judge Advocate Division, at Headquarters Marine Corps, creditors must reduce the interest rate on service members debts incurred before active duty to six percent per year during their period of service. All interest in excess of six percent is forgiven.

Another benefit that will help service members getting ready to deploy is the option to terminate a car lease when being deployed for an extended period.

According to the memorandum released Jan. 1, a motor vehicle lease for service members or their dependents may be terminated if it is a pre-service lease and they are later called to duty or receive orders for a period of not less than 180 days.

The lease can also be terminated if it is a lease executed during military service, and they later receive PCS orders outside the continental United States, or deployment orders, for a period of not less than 180 days.

No early termination charge may be imposed, but certain fees and taxes may be charged pursuant to a service member lease, including reasonable charges for excess wear, use and mileage.

According to Lindemann, more service members need to know about the SCRA to protect themselves. "Service members may not always realize all the protections they have under the law," he said. "If service members have questions about the SCRA or the protections that they may be entitled to, they should contact their unit judge advocate or installation legal assistance officer for further assistance."

NEWS BRIEFS

FILING TAXES

- ☐ Form 1099 (interest statements from banks earned on savings or checking accounts.)
- ☐ Child care expenses.
- ☐ Records reflecting spousal or child support payments.
- ☐ Mortgage interest statement.
- ☐ Individual retirement account (IRA) contributions.
- ☐ Dividends, interest, and capital gains and losses from the sale of stocks, bonds or property.
- ☐ Charitable contribution records.
- ☐ Electronic tax filers need to bring the savings or checking account number where they want their tax refunds electronically deposited.

TAX CENTER

Hours of operation will be from 8 a.m. to 4 p.m., Monday through Friday, and 8 a.m. to 12 p.m., Saturdays only in the month of February.

MISUSE OF GME

There has been an increase in the use of government vehicles to pick up single personnel from local airports. Using a GME as a cost avoidance measure is a violation of Marine Corps Order P11240.106B and MCASO P11240.5L. The only exception is for sponsors of inbound families.

Motor T moves ahead with new rules

CHL. ROBERT W. WYNKOOP
Combat Correspondent

Station Motor Transportation officials are continuing to enforce the regulations governing garrison mobile equipment (GME) and urging service members to use the Station's intranet resources to help streamline their business operations.

All forms and orders pertaining to GME are now available on the intranet, said Sgt. Frankie Rutherford, Headquarters and Headquarters Squadron roadmaster.

According to Sgt. John Szczepanowski, H&HS licensing examiner, on the spot road checks and tougher licensing criteria will help reduce the number of vehicle accidents involving GME.

Before the Atlanta, Ga. native, Szczepanowski, arrived on the air station, getting a license to drive a vehicle in the Motor Transportation's fleet required passing a written exam and filling out the proper paperwork. That remains the same; however, a new road test will gauge driver's abilities to perform proper backing procedures, signaling and driving on the "wrong side of the road," he said.

Szczepanowski said that a review of all accident records revealed a substantial amount of incidents were occurring within the first 30 days of the license being issued. This led to the implementation of the road test, which will further evaluate the operator's driving ability.

"Our focus of effort remains timeliness of service and customer satisfaction, but we must also ensure a person is fully capable of safely operating a vehicle before being issued a license," said Szczepanowski. "I have spent a lot of time reviewing records and creating a new database in order to improve the licensing process."

In an effort to reduce GME related incidents, the

roadmaster coordinated with the Provost Marshall's Office to receive training and authority to issue traffic citations for GME drivers.

"Service members have 10 days to resolve the citation," Szczepanowski said. Ignoring traffic tickets could result in revocation of the operator's license or the vehicle could be taken back into the motor transportation inventory and issued only on a day-to-day basis.

Seatbelt and parking violations in a government owned vehicle would be ground for citation as well as any on-station accident where the GME operator is at fault, Rutherford said.

Also, Rutherford reminds service members that before, during and after checks of the government vehicle's engine compartment and other essential areas are still in effect.

"We are still tagging vehicles," Rutherford said about the red and white tags he puts in parked vehicles to ensure operators are checking vehicles before operating. "Sometimes (Marines) try to take the easy way out and not look under the hood. Don't wait for the next guy to check. Returning the tag immediately to the motor transportation dispatcher is the responsibility of everyone who drives the vehicle."

When a vehicle is tagged, the odometer is checked. This lets Station Motor Transportation know how often operators are checking under the hood, he said.

Another area of concern for Szczepanowski and Rutherford are the number of fleet vehicles parked in unauthorized places.

"They are not for personal use - period,"



Cpl. Robert W. Wynkoop

Sgt. Frankie Rutherford, H&HS roadmaster, performs a road side inspection. GME drivers are reminded to fill out their vehicle checklists before driving.

Rutherford said. "(Marine Corps Order P11240.1068) prohibits vehicles from being at Crossroads Mall or the Exchange, or other areas that are not deemed 'official use'. Use common sense when operating these vehicles. We'll spot them and issue a citation."

Each government vehicle operating on the Station is required to have a copy of the before, during and after checklist in the vehicle. This checklist is to be completed by the driver prior to operating the vehicle. Drivers should listen for any unusual sounds during the operation. After the vehicle is parked, operators should check again for problems, Rutherford said.

"Taking the time to check for discrepancies in the vehicles can help prevent major equipment problems," Rutherford explained. "Proper B-D-A checks ensure Marines are keeping the vehicles maintained and will reduce the number of reports for unknown damage to the vehicles."

IRS announces new procedures for obtaining ID number

CAPT. JEFF MUNOZ
Staff Judge Advocate Office

The Internal Revenue Service has recently announced new procedures for nonresident aliens, who file a tax return, to obtain an Individual Taxpayer Identification Number (ITIN). These changes will affect tax filers beginning with the current 2003 tax year.

An ITIN is a nine-digit number that was created for use on tax returns for those taxpayers who do not qualify for a Social Security Number. The new procedures will help ensure that ITINs are issued and used for their intended tax administration purpose and not for other reasons, such as providing personal identification.

As of mid-December 2003, new ITIN applicants must use a revised Form W-7, ITIN application. ITIN applicants must also provide proof that the ITIN will be used for tax administration purposes. This will require the applicant to attach the original paper copy of their federal tax return to the Form W-7 when they file their 2003 tax return. New ITIN applicants must also submit proof of identity with the Form W-7 and tax return.

The instructions for Form W-7 list the 13 acceptable forms of identification, such as a valid passport, driver's license or military identification card. All documents must be an original, a notarized copy or a certified true copy. For those ITIN applicants who submit either an original, notarized, or certified true copy of a passport no other proof of identification is necessary. However, for ITIN applicants who do not submit a passport as proof of identification, they must submit at least two of the thirteen forms of identification.

These new procedures will affect MCAS Iwakuni tax filers who are married to nonresidents aliens that do not qualify for a Social Security Number or have an ITIN, yet they wish to file a tax return with their spouse who is a U.S. citizen or resident alien. New ITIN applicants must submit a paper return and are not eligible to electronically file their tax return. The IRS will notify new ITIN applicants 4 to 6 weeks after they submit their return of their ITIN. That means that tax filers who file jointly will have their tax refund delayed.

All tax filers who might be affected by these new procedures are encouraged to file their tax return as early as possible. For more information, visit the IRS Web site at www.irs.gov or contact the Station Tax Center at 253-5591/5951.



Lance Cpl. Brian Henner

Sgt. Luciano stands in front of Col. Dave Darrah before he is awarded a NAM as Ambassador Baker looks on Jan. 30. Luciano later said meeting Baker was a great honor. Luciano received the NAM due to countless hours training Marines in a variety of projects.

'Drifting' drifts into Iwakuni

LANCE CHL. RUBEN D. CALDERON
Combat Correspondent

A new phenomenon is taking over the American subculture and soon it's pop-culture. It is an art, as enthusiasts of this new found sport call it.

It is called "drifting." Although the car sport is still in its first phases as a sport back in the States, it is and very much has been a medium here in Japan.

"Drifting is not racing. It's hard to explain," said Jordan Hatter, part-time mechanic and full-time drifter.

The very essence of drifting is negotiating curves in a manner where the vehicle uses more momentum to turn than punching on the brake pedal, said Hatter.

"The ideal cars to use in drifting have a manual transmission, light, rear wheel-drive and have a low, stiff suspension." That's just part of it. "Driver's can spend more than \$4,000 to soup up their cars," added Hatter.

The sport is illegal to do on public roads, but being that it is a multimillion dollar medium in Japan, courses are available to drift on.

In Japan, there are organizations that hold competitions for drifting. Track officials have many safety standards for drivers. Helmets and racing harnesses must be worn, as well as seat belts.

In these competitions, drivers are judged on



Lance Cpl. Ruben D. Calderon

A Nissan Skyline drifts past a curve in a mock course made of cones in an empty parking lot. "Having controlled environments to drift is the safe way to drift," said Jordan Hatter, mechanic and drifter.

style and speed. The idea of drifting is to travel through turns using the weight of the vehicle and to use traction to slow down. The weight of the car shifts forward while negotiating a turn. Meanwhile traction is lost at the rear wheels, causing the car to slide. Steering to the direction the car is sliding in and administering the right amount of acceleration, or "pop of the clutch," come into play while the traction is lost. This causes the car to "drift," Hatter said.

"What ruins the sport and gives it a bad name is

when people drift on roads and not in controlled environments and get into accidents. That shows the bad side and that's mainly what people see," said Hatter.

Hatter is a 19-year-old mechanic who lives here. He is a proud mechanic and drifter. The blond-Mohawk haired teen has been drifting for over three years and has his own modified Nissan S-13 Silvia, which he uses to drift.

Recently, there was a car accident involving personnel from MCAS Iwakuni. No serious injury occurred in the accident but it still managed to taint Hatter's beloved sport.

"The car is going at a very high speed. You go fast enough to lose control," said Lance Cpl. Matthew Durant, Provost Marshal's Office accident investigator.

"The whole point is to lose traction, to slide. The driver is not in complete control," said Durant of the recent accident involving an Iwakuni family member.

"That's just dumb. People should know that drifting is very dangerous to do on roads. That's why there are courses to drift," said Hatter.

It is a very technical and dangerous sport, but drivers, who are experienced, should do it in a safe and controlled environment, said Hatter.

New leader for Station Red Cross residents to look to

CHL. DAVE BONI
Press Chief

Due to the departure of American Red Cross Station manager Lynne Hammonds, currently deployed to Iraq, the Station Red Cross has a new leader for volunteers to follow.

Although the shoes of Hammonds will be hard to fill, Terri Oshiro promises she will do her best while Hammonds is gone.

"I have been involved with the American Red

Cross for eight years now and since 1998, I have been a reserved station manager," said Oshiro. "By being a reserve station manager I fill in when a situation like this arises."

Oshiro understands the challenges, which follow taking over for someone, but hopes she can bring fresh ideas to the Station.

"I really enjoy working with Marines and their families. Hopefully we can get more volunteers in the office," she said.

Oshiro background includes a bachelor's degree from the University



Lance Cpl. Ruben D. Calderon

Donna Timms (left), and Terri Oshiro discuss upcoming fund-raising programs.

of Puget Sound and a master's degree from Chaminade University. She first got involved with the American Red Cross in 1996 at Fort Irwin, Calif. where she served as a casework chairman and chairman of volunteers.

Being a reserve manager has brought this Las Vegas native around the globe in a variety of venues. From Eagle Base, Bosnia to Marine Corps Air Station El Toro, Calif., Oshiro goes where her talents are put to use.

"I know what it's like living separated from your relatives and moving around a lot, and that is why

Red Cross is looking for volunteers to help at the following locations:

- M.C. Perry Elementary
- Library
- Vet Clinic
- IronWorks Gym
- AFN
- Pool
- Medical Clinic
- Relocation
- Weather Services

I love my job so much. I can relate to service members and help them cope with the unexpected," she said.

Oshiro firmly agrees the best way to be prepared for the unexpected is training and classes the Red Cross offers all the time.

"The American Red Cross is available 24 hours a day seven days a week to assist Station personnel. Utilize our resources, but also become resources yourself by volunteering because Red Cross can't run without you," Oshiro stated.

FCC from Page 3

sidy is a Direct Cash Payment Program funded by the military and offered to parents when there is a shortage of available spaces at the CDC.

Provider rates will be set by the commanding officer for each age group that subsidy covers and parents will only be required to pay the portion of that fee that they would pay if their child attended the CDC.

All FCC providers are certified through the Marine Corps and are required to operate in accordance with Marine Corps Order 1710.30D. The FCC monitor inspects each provider monthly. The monitor verifies that all regulations are being followed.

FCC providers are required to complete 15 Department of Defense modules on different aspects of child care. Providers also have access to the training and curriculum specialist if they need additional guidance with their program.

Some children that have difficulty adjusting to group care will flourish in the small environment that FCC offers. There is more one-on-one care since the group sizes are smaller. The children are able to feel "at home". Many FCC providers are more flexible than the CDC and offer extended hours for parents who need hours the CDC cannot offer.

For more information regarding FCC are interested in becoming a FCC provider, please call Candee at 253-4218.

Marauders help prepare to drop bombs in Australia

LANCE CPT. GIOVANNI LOBELLO
Combat Correspondent

ROYAL AUSTRALIAN AIR FORCE BASE TOWNSVILLE, Australia — Marine Air Logistics Squadron 12's advance party recently off-loaded a vast amount of explosives from a carrier ship to kick off Operation Southern Frontier 2004.

"Japanese, along with the assistance of several Marines that were present, loaded the ship with ordnance in Sasebo, Japan," said Cpl. Karen Sowala, aviation ordnance technician.

From Sasebo, the ship set a course to the port of Townsville, added Sowala. Once the mammoth vessel arrived, the Marines were called in to setup a go between for the ship and the port that was too small to support the mission.

After being in Australia approximately 24 hours, 10 aviation ordnance technician Marines were then boated off the shore of Magnetic Island, a local tourist attraction, and into the middle of the ocean to perform this transaction.

After arriving to the ship, Marines were now responsible for off-loading the ordnance into a barge.

"Approximately one 2,000-pound bomb, 71 1,000-pound bombs and 90 500-pound bombs were off loaded from the ship and brought into Australia," said Cpl. Todd Whittington, aviation ordnance technician.

"Unloading all the ordnance was a two-day evolution with eight hours of nonstop work," added Whittington. "While you are out there handling these sensitive bombs, there is no time for horseplay and close attention to surroundings was important."

The reason that it took two days was because of compatibility, said Lance Cpl. Justin Stover, aviation ordnance technician. We were only able to load a certain amount of bombs into the barge to ensure everyone's safety.

Despite the great level of danger involved, machinery was used to ease the process and minimize the risk of a negative outcome.

"The bombs were moved by using a big hoist from the carrier ship and placed into the small barge," commented Whittington. "While the bombs were being moved, Marines stood by and guided the ordnance into its proper location making sure nothing unexpected occurred."

Despite the help of the hoist, off-loading the ordnance unfortunately was not that easy.

"The worst part of being in the ocean was having to deal with swells that we had to deal with," said Sowala. "The swells would move the little barge in every direction making it hard to place the bombs down on the deck of the barge."

"We would try to guide the bombs onto palettes but with the waves moving the barge we had to be very careful," commented Whittington. "The second day was much easier having a forklift around and with the cooperation of the weather to unload the rest and bring back all the ordnance safely."

"By no means was the amount of bombs we unloaded a lot, however it still involved time and patience from every involved," concluded Stover.

According to Sowala, "despite the complication with the swells, this was still a great learning experience that will definitely make the next time we have to unload bombs more organized and even easier."

Marine Fighter Attack Squadron 332 will use the 162 bombs during Operation Southern Frontier 2004.



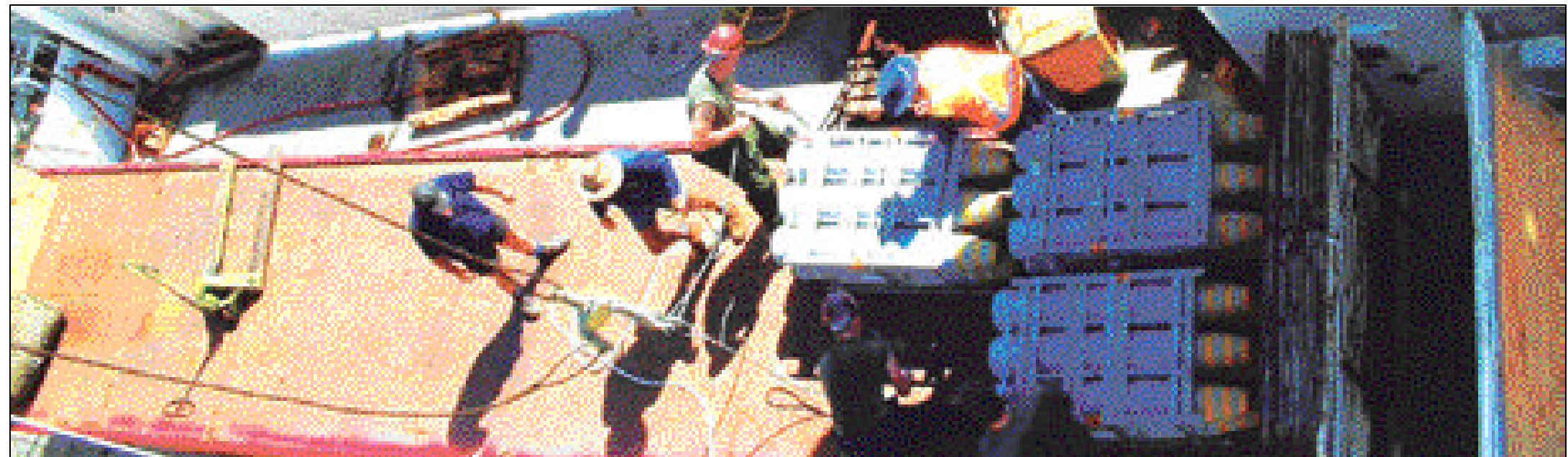
Marine Aviation Logistics Squadron 12 Marines, with the help of the Japanese, begin to secure the bombs to the deck of the ship



Crates of bombs were lifted from one ship to another in the middle of the ocean before the start of Operation Southern Frontier 2004. MALS-12 was in charge of unloading all of the 162 bombs, which Marine Fighter Attack Squadron 332 will use during the exercise.



Once the work of MALS-12 was finished 162 bombs were nicely placed on the deck of the ship. These bombs will be heading to Australia for Marine Fighter Attack Squadron 332 to drop as part of Southern Frontier 2004.



ABOVE: From one ship to another, bombs are making their way to Operation Southern Frontier 2004. BELOW: The deck of the ship begins to fill up with one 2,000-pound bomb, 71 1,000-pound bombs and 90 500-pound bombs.

Photos by Cpl. Karen Sowala

Culture exchange deepens bonds of friendship

STORY AND PHOTOS BY
LANCE CL. DAVID REVERE
Combat Correspondent

Displaying generous and resilient hospitality, Japan continues to take steps to deepen relationships with its United States allies. A culture exchange between Japanese Ground Self Defense Force soldiers and Iwakuni Marines Jan. 21-27 provided another demonstration of this fact.

Twenty-nine soldiers from JGSDF drove eight hours from northern Camp Otsu to Marine Corps Air Station Iwakuni in order to tour Station facilities, meet with unit leaders and enjoy camaraderie with Marines. The soldiers were comprised of units throughout the Japanese Army, all taking part in a three-month English language program based out of Camp Otsu, a JGSDF recruit training depot.

When the soldiers returned Jan. 23, two Headquarters and Headquarters Squadron Marines went along. Three days of food, sight-seeing and friendship building followed.

"From the first step off the base to the last good-byes, it was nothing but grand," said Sgt. Stephen A. Robbins, food services training noncommissioned officer. "They treated me with respect and curiosity, and my first impression was that we were going to have an awesome time."

Robbins wasn't disappointed. The tour kicked off with a hike up Kyoto's Mount Hiei to visit Enryaku-ji Temple at the summit. The temple grounds are deeply sacred, and all the service members shared a moment of awe when they observed the Kiezu-no-Tomyo, a row of candles within that have burned continually since the founding of the temple over 1,000 years ago.

After the climb, the Marines were escorted to Lake Biwa, Japan's largest body of water, where they boarded an afternoon cruise ship. Breathtaking mountains could be viewed in all directions from the water.

"People need to know about this," said Staff Sgt. Thomas Lynch, H&HS training NCO. "There is so much fun to be had here."

With two days of travel ahead, the Marines had amazing experiences yet to come. The Japanese soldiers showed off the impressive Kiyomizu Temple the following morning. One of Japan's most famous structures, the temple also boasts a sweeping view of Kyoto City. The day went by quickly with more visits to temples and shrines throughout Kyoto, and



Sgt. Stephen Robbins receives welcome from the Camp Otsu command Jan. 26.



The entire class enjoyed a well-matched soccer competition with Marines Jan 22. After the game, each soldier was given a command coin.

afternoon shopping in the city's vast, outdoor malls.

Throughout the fun, the Marines experienced a variety of Japanese foods, and engaged in conversation with their hosts, helping to develop their English speaking skill and confidence.

"There was nothing like it," said Robbins. "It was like I was their substitute teacher, and I could actually make an impact on them."

On the last day of the culture exchange, the Marines traveled to Camp Kawanishi, JGSDF command post training center. They received a tour of the operations building, exchanging similarities and differences with Marine Corps and JGSDF command operation methods.

The Marines also toured Camp Otsu, including a military museum that displayed uniforms, weapons and other artifacts from past wars.

Climaxing the exchange was a meeting between the Marines and the Camp Otsu command. Speaking through interpreters from the English language class, the Camp commanding officer and sergeant major expressed their appreciation to the Marines for coming and asked questions about Marine Corps customs and programs. In turn, the Marines asked questions with topics ranging from JGSDF rank structures to Japanese troops in Iraq. At the conclusion of the meeting, the Marines were presented with a plaque of appreciation and a gift of Japanese pottery.

"I felt unprepared," said Lynch. "I wasn't expecting this extent of generosity and appreciation."

That evening, a social was held with the English students, the Camp Otsu command and the Marines. Korean Yakimiku was served, and as a memorable surprise, a samurai performed demonstrations of Toyama Iado, a sword-wielding martial art.

Later, the Marines took a turn to address the

assembly and express the deep emotions everyone felt.

"I want to thank every one of you," said Lynch. "We are honored by your friendship and generosity, and I hope that the relationships that we have built will be a foundation for many things to come."

"I see you as more than just my friends," said Robbins. "I see you as my brothers." Gifts and addresses were exchanged as time drew short and the Marines returned the following morning.

"Japan now, and always, will be my home away from home," said Robbins. "These guys are my brothers among brothers."

With the end of the exchange comes the expectation for more and greater meetings in the future.

The JGSDF English training school cycles quarterly, and the Camp Otsu command has expressed desire to continue to meet with Iwakuni Marines.

The precedent has been set, and the future is bright for deepening bonds of friendship between two great countries, said Lynch.

"There is so much we can do," Lynch explained. "This is something important, and we need to take the time to develop it."



Sgt. Daisuke Yoshimatsu with the Japanese Army Rangers dons Marine gear with "mo-to" flair.

OUT THE GATE

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

Plum Blossoms Tea Ceremony

There will be Umemichakai, a tea ceremony with viewing plum blossoms at Shukkeien Park in Hiroshima, Feb. 15, 10 a.m. to 3 p.m. Admission fee is required in order to enter the park and also to attend the tea ceremony. It will not be cancelled in case of rain. Call 082-221-3620 for details.

Miyajima Oyster Festival

The festival will take place in front of Miyajima Ferry Terminal on Miyajima island, Feb. 14 and 15, 10 a.m. to 3 p.m. They will set up tents to sell oysters and oyster dishes. They will also prepare a section where participants can cook oysters themselves. For more information, call 0829-44-2011.

Hiking Ski Class

This class will be held at the cross-country course located in the Mominoki Forest Park, Yoshiwa, Wednesday, 10 a.m. to 3 p.m. Participants practice to hike on ski in the

morning, take lunch, and cross-country throughout the course in the afternoon. Admission fee, which includes wild boar soup lunch, is required. Reservation must be obtained at least 4 days advance. Class is limited. It will not be cancelled as long as they have snow. Call 0829-77-2011 to reserve or for more information.

Flea Market

A flea market is scheduled every Wednesday, 9 a.m. to 3:30 p.m. at Iwakuni Hotsring Gokyonoyu, in Kawanishi area. Call 41-3004 for more information.



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

Mitsubishi Emeraude, 1993, 4 door sedan, emerald green, JCI until June 2004, \$2,300 obo. Call Kris Gerber at 253-3989 dwh or 253-2030 aw.

Mazda MX6 Sedan, 1994, silver 5-speed V-6 engine, excellent condition, clean, excellent condition, clean and fast. Call Doriann Geller at 090-7592-1302.

OTHER ITEMS

Misc., the original Nordik Trac, mint condition, originally paid \$1,200, breakdown for easy storage, \$300; Sony Handy Cam corder, Tr 71 model with case and extra battery pack, excellent con-

dition, \$325. Call Paula Reece at 38-0289.

Misc., solid, light-colored entertainment center, fits 27" TV, matching coffee table, \$125 for both obo. Call Kris Gerber at 253-3989 dwh or 253-2030 aw.

WANTED

Editor needed to read and correct short stories. Experience needed. Call Cassandra Ashcraft at 253-2692.

JOB OPENINGS

School Secretary
Matthew C. Perry Elementary School is accepting applications for the position of school secretary. Stop by M.C.

Perry Elementary School and pick up an application packet. Call 253-4673 for more information.

CHRO (253-6828) MCCA:

Supervisory Education Services Specialist
Career Resource Program Manager

DeCA:

Sales Store Checker (Student Temporary Employment Program)
Materials Handler

Clinic:

Social Worker
BPO:
Management and Program Analysis Officer

MCCA (253-3030)

(The following jobs are open at MCCA Personnel)
MCCA Job Listing:

Head of Retail
Purchasing Agent, civilian only

Retail Area Supervisor, civilian only

Audit Clerk, civilian only

Inventory Control Specialist, civilian only

Procurement Assistant, civilian only

Basic Replenishment Clerk, civilian only

Material Handler

Leisure Travel Assistant, civilian only

Catering Manager

Club Operations Assistant, civilian only

Food Court Assistant Manager

Operations Assistant, civilian only

Library Technician, civilian only

Recreation Assistant, civilian only

Recreation Assistant, civilian only

Pubic Relations Specialist, civilian only

Contract Specialist, civilian only

Equipment Inventory Assistant, civilian only

Maintenance Supply Technician, civilian only

Continuously Open Jobs

Retail Branch:
Senior Sales Associate

Retail Ops Assistant
Sales Clerk

Store Worker
Laborer

Food Service Worker

Club Operations Assistant

ID Checker
Waiter/Waitress

Food Service Worker

Services Branch:
Retail Operations Assistant

Car Rental/Service Station Attendant

Car/Washer/Laborer
Recreation Attendant

Athletics Branch:
Recreation Operations Assistant

Recreation Assistant

Recreation Attendant
Lifeguard

Wanted: Valentine's Day surprise!

Have a picture of you and your sweetheart? Send it to the Torii Teller with a brief message and it will run in the special Valentine's Day edition Feb. 13th.

Deadlines for submissions will be Feb 6. All submissions must be tasteful in nature. Send your sweetheart a valentine to remember.

SAKURA THEATER



LORD OF THE RINGS: THE RETURN OF THE KING

The Fellowship's journey is coming to an end. Sauron's forces have attacked Gondor's capital of Minas Tirith in his final siege against mankind. Watched over by a fading steward, the once great kingdom has never been in more desperate need of its king (210 minutes).



THE HUMAN STAIN

Coleman Silk is a distinguished professor at a prestigious New England college whose professional life is shattered by allegations of racism and whose personal life is infected with the cancer of a lie he has been living for fifty years. His career and reputation in ruin, Silk begins a dynamic resurrection through two new relationships: one, a friendship with the writer Nathan Zuckerman whom he intrigues with his story, the other a scandalous affair with a young woman (106 minutes).



THE MISSING

Set in New Mexico in 1886, a father returns home to his daughter, Maggie, to try to make peace decades after abandoning her to go live with the Apaches, only to find that she has no forgiveness or affection to give him. When her daughter, Lily, is kidnapped by a band of outlaw Army deserters led by a mysterious Apache shaman, however, the estranged duo teams up to rescue Lily (130 minutes).

FRIDAY

6p.m. The Last Samurai (R)
10p.m. LordOfTheRings: The ReturnOfTheKing(PG-13)

SATURDAY

1 p.m. Dr. Seuss' The Cat In The Hat(PG)
4p.m. CheaperByTheDozen(PG)
7p.m. Timeline(PG-13)
10p.m. The Human Stain(R)

SUNDAY

4p.m. CheaperByTheDozen(PG)
7p.m. TheMissing(R)

MONDAY

7p.m. Timeline(PG-13)

TUESDAY

7p.m. Honey(PG-13)

WEDNESDAY

7p.m. VeronicaGuerin(R)

THURSDAY

7p.m. TheMissing(R)

COMMUNITY BRIEFS

EDUCATION

Test Schedule
Tuesdays/Fridays - CLEP, DSST
February 18-ACT
February 19-SAT
February 23-EDPT, DLAB
February 25-DLPT, AFCT
 For more information call 253-3855.

CHRO

CHRO Training
 ■ **Introduction To Supervision:** Monday to Thursday, 8 a.m. to 4 p.m.
 ■ **Mentoring Skills:** Feb. 13, 8 a.m. to 4 p.m.
 ■ **EBIS/My Pay/TSP:** Feb. 17, 1:30-3:30 p.m. (This training will be provided at Building 360, the Distance Learning Center.)
 ■ **Privacy Act:** Feb. 24, 9-11 a.m. (This training will be provided at Building 1, Auditorium room.)
 ■ **Family Member Local Employment Orientation:**

Feb. 25, 8-9 a.m.
 ■ **RESUMIX:** Feb. 25, 9:30-10:30 a.m.
 ■ **Outbound Family Member Priority Placement Program Brief:** Feb. 25, 11 a.m. to 12 p.m.
 For more information and nomination, call 253-6828 or send e-mail to shiomuram.jp.@iwakuni.usmc.mil. Classes will be held at Building 1, Room 102, CHRO training room except EBIS/MyPay/TSP.

MCCS

CRMC Classes (253-6439)
 ■ **Transition Assistance Program:** Monday through Feb. 13, 8 a.m. to 4 p.m.
 ■ **Basic Resume Writing:** Tuesday, 9-11 a.m.
 ■ **Job Interview Skills Class:** Thursday, 1-3 p.m.

Club Iwakuni (253-4143)
 ■ **All Ranks Karaoke Night** Every Monday, 7-11 p.m. in the Eagle's Nest Party Room.
 ■ **Movie and Trivia Night:** Ev-

ery Monday, 7 p.m. in the Landing Zone. For E-5 and below only.
 ■ **Seafood Feast:** Every Friday, 5-9 p.m. in all dining rooms.
 ■ **Comedy Showcase:** Wednesday, 8 p.m. Free and all ranks in the ballroom.
 ■ **Valentine's Day Dinner & Dance:** Feb. 14, 6 p.m. in the ballroom.

MCX (253-5641)
 ■ **Oscar's Frequent Shopper Card:** Feb. through April. For every \$10 spent, receive a stamp. Fill the card and receive \$10 off your next purchase. The card cannot be used for items on sale and is only valid at Oscar's Gift Shop.
 ■ **Valentine's Sale** Now through Feb. 14. Browse our selection of sweets available at discount prices.
 ■ **Most Kissable Lips Contest:** Enter today at the MCX. Winning entries will be randomly selected in a drawing at noon, Feb. 13. Presence is required to win. Prizes include a \$100 gift certificate and gift sets.

Marine Corps Family Team Building (253-3754 or 24-Hour Information Line 253-3143)
 ■ **Key Volunteer Basic Training:** Thursday, 8:30 a.m. to 4:30 p.m. at Yujo Hall.

■ **MCFTB Annual Art Contest Deadline:** Feb. 13.
Single Marine Program (253-4656)
 ■ **Geihoku Valley Ski Trip:** Saturday and Feb. 14, 5 a.m. \$20 transportation. Bring yen for a lift ticket and lunch.
 ■ **Pizza Night:** Tuesday, 6 p.m. Free pizza, soda, games and prizes.
 ■ **Miyajima Sight-seeing Trip:** Feb. 15, 10 a.m. \$10 transportation. Bring yen for shopping and lunch. Also tour the Miyajima aquarium.

Survival Japanese Language Class
 Monday through Feb. 13, 11:40 a.m. to 12:40 p.m. Learn key phrases for shopping, ordering food, and asking for directions. Advance sign up is required. Call 253-6165 for more information.

Family Day Information Brief
 Thursday and Feb. 26, 7:30 a.m. to 3:30 p.m. Call 253-3311 for details.

Bookstore
 February is African-American Heritage Month so come join us at the Crossroads Mall bookstore and browse our selection of books. Enter to win a \$25 bookstore coupon.

COMMUNITY
Black History Month Jubilee
 The Station Chapel will be host-

ing a Black History Month Program Feb. 20, 7 p.m. in the main chapel area. Join us for a special celebration in 2004 with the Master and Mistress of ceremony, Mr. and Mrs. Tensley, followed by selective speeches, sermonettes, praise dancers, steppers, local chapel choirs, special solo's and various poetry readings. There will be a special Soul Food Dinner served afterwards free of charge. Call the Station Chapel at 253-3371 for more information.

National Children's Dental Health Month
 Come join the celebration at the Dental Clinic Saturday, 8 a.m. to 1 p.m. There will be fun games and prizes, gifts for children and helpful information for the parents. Children's exams will be performed as well. For more information, call Lt. Gelder at 253-3331 or Chief Petty Officer Olaes at 253-5252

Thrift Store
 The Thrift Store is open Tuesdays from 10 a.m. to 2 p.m., Thursday from 4-8 p.m. and the last Saturday of each month from 9 a.m. to 1 p.m., in Building 1117, located next to the Chapel.

Iwakuni Toastmasters
 Join Toastmasters Club, which provides Communication and Leadership training. For more information, contact Ms. Regan at 253-4557 or Ms. Donahue at 253-5328 or visit <http://iwakunitmc.at.infoseek.co.jp>



Cpl. Robert W. Wynkoop

Century of service
Petty Officer 2nd Class Dustin Vidrine, Branch Medical Clinic, hospital corpsman, and Sgt. Ryan Fuesting, Marine Air Control Squadron 4, communications technician, cut a cake at the 100th anniversary of the Navy Marine Corps Relief Society held in the Station Chapel. The Iwakuni branch of the society disbursed \$48,177 dollars in 2003 to help service members.

CHAPEL SERVICES

Roman Catholic
 Saturday 4:30 p.m. Confession
 5:30 p.m. Mass
 Sunday 9:30 a.m. Mass
 10:45 a.m. CCD

Protestant
 Saturday 9:30 a.m. Seventh Day Adventist (second and fourth)
 Sunday 8 a.m. Traditional
 9:30 a.m. Sunday School
 11 a.m. Contemporary
 12:30 p.m. Jesus Christ Apostolic Service
 Thursday 6:30 p.m. Jesus Christ Apostolic Bible Study

Church of Christ
 Sunday 9:30 a.m. Bible Study
 10:30 a.m. Church of Christ
 Wednesday 7 p.m. Bible Study

Latter Day Saints
 Sunday 1 p.m. Priesthood/RS Meeting
 2 p.m. Sunday School
 3 p.m. Sacrament

Muslim
 Friday Noon Prayer

Jewish
 Friday 6 p.m. Shabbat

For information regarding divine services, religious education or any other Command Religious Program/Chapel activity call the Station Chapel at 253-5218.

Boyscouts race to fun and family



ABOVE: John Forti, Pack 77, committee chairman, places a car on the track Saturday at the Scout's annual pine wood derby. BELOW: Scouts cheer as the derby cars race down the track.

STORY AND PHOTOS BY
CL. ROBERT W. WYNKOOP
Combat Correspondent

The Boy Scouts of America, Far East Council, pack 77 held its annual Grand Prix Pinewood Derby here at the Scout hut, Saturday afternoon.

Dirk Parker, a Cub Scout webelo, won the top trophy in the double elimination bracket tournament with Michael Curtin coming in second and Elan Redmon finishing in third.

Although these Scouts received the top honors, Cub Master Rodney Redmon said all the Scouts were winners.

"This is a very special time in your lives," Redmon told the scouts. "But they don't last forever. Remember these times."

"When I was a kid I don't remember how well my car did in the race, but I will always remember building it with my dad," said Redmon.

Family involvement is one of the best rewards of the

competition, he said. Parents and guardians helped throughout the building process.

"Doing a project like this is very special," Redmon explained to the youngsters. "If it weren't for this race, you wouldn't have had the opportunity to work with your family on a project."

The derby competition is renowned for its tradition, but in today's society technology often lends a hand to more time-honored ways of making the cars.

"It took about an hour to finish the design on the computer," Parker said of his winning car. "Then we went to the hobby shop and cut the design out. After that, we sanded the car down and I painted it."

Parker also added melted fishing weights to the base of the car to ensure it met the strict specifications of Boy Scouts of America. No car can exceed five ounces, according to the rules and instructions included with each pinewood derby kit. The rules also specify that only dry

lubricant

can be used for the car axles, and the inspection committee must inspect each car.

The cars raced in different heats. If the cars jumped off the five-foot high wooden ramp, Committee Chairman John Forti restarted the race on a different lane. Every scout had the opportunity to race several times. Siblings who were not old enough for cub scouts also had their own competition. In the end, there were no tears shed; instead, smiles abounded inside the race area.

"We had a fun time racing, and they learned that winning isn't everything," said Redmon.

Following the race, Redmon and Sean Stewart presented Stewart's son Natty with the Bobcat patch. Redmon gave the elder Stewart the patch, to symbolize the role that parents have in furthering their children through each Scout rank.

Each participant received a pinewood derby patch and ribbon for their efforts.



ABOVE: Elan Redmon and Natty Stewart talk as they wait for their derby cars to be sent down the track.

IWAKUNI SPORTS SCENE

OVER 30 SWIM LESSONS

Monday to Feb. 13, 5-5:45 p.m. The Station personnel and family members age 30 and up learn the basics of swimming in a comfortable and supportive environment. Sign up for \$30 at the IronWorks Gym front desk. Classes take place at the IronWorks Gym indoor pool. Call 253-4966 for more information.

ALL-MARINE WOMEN'S BASKETBALL

Submit your resume to the Athletics office before Feb. 15. For more information call 253-4605.

NEW GYMNASTICS CLASSES

Mommy/Daddy & Me, Kindergym, and additional gymnastics classes for children age 2 and up are now available. Call 253-3696 for details.

MAKE REAL THE DREAM BASKETBALL TOURNAMENT

Coaches meet Tuesday, 10 a.m. in the IronWorks Gym Wellness Room. The tournament takes place Feb. 14, 10 a.m. in the sports courts. Call 253-5777 to sign up.

FAMILY APPRECIATION DAYS

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

LIFEGUARD TRAINING

Monday through Feb. 20, 5-9 p.m. Get certified for a great summer job. Classes are conducted at the IronWorks indoor pool. The Station personnel and family members sign up for \$40 at the IronWorks Gym front desk. For more information call 253-4966.

Aerobathon steps up workout

7th annual event brings cultures together for fitness



Sara Perez, SemperFit, fitness instructor, leads participants in cardio-kickboxing at the Goodwill Aerobathon, Saturday.

STORY AND PHOTOS BY
CH. ROBERT W. WYNKOOP
Combat Correspondent

More than 100 Station residents and Japanese locals participated in the 7th annual Goodwill Aerobathon at IronWorks Gym here, Saturday morning.

Participants received an introduction to the course of event in both English and Japanese and began their aerobics warm-up at 9 a.m.

The first aerobics class to get the participants blood pumping was cardio-kickboxing. This activity combined kicks and punches, similar to martial arts, with high-energy music for a fast-paced and low impact workout.

"I like kickboxing," said Kazunori Harada, who has

participated in the Goodwill Aerobathon for three years. "I am very glad they have this on the Station."

The Cardio-kickboxing instructor, Sara Perez, said that the event not only helps bridge a relationship with the local Japanese people, it helps everyone understand what types of programs Semper Fit offers on Station.

After a short break, another unique class showed participants a workout with a south of the border twist. Latin-Cardio, a new addition to IronWorks' extensive offering of fitness classes, let participants dance up a sweat to the beats of salsa and meringue.

"I like working out and helping others improve themselves," said Hilda Morales, event volunteer. Morales helped lead the participants in the various movements during Latin-Cardio.

"It's a workout," Latin-Cardio instructor, Jackie Cortes said of her class. "But most of all, it's fun. This is

what they can expect from the regular class."

Frequent water breaks kept participants hydrated. The breaks were short, for the purpose of the Aerobathon was to keep one's heart rate up.

Following the Latin-Cardio class, participants were separated randomly into groups, and each group took on a new activity.

Indoor cycling, also referred to as "spinning," was another favorite among Aerobathon participants. Barbara Roman, Aerobathon participant and indoor cycling enthusiast, said spinning was the main event she was interested in.

Others, like Keiko Kugiya who has participated in this event for five years, said that although they're not too familiar with indoor cycling they were definitely going to try.

For spinning, participants mounted a stationary bicycle and pedaled at a fast cadence. The cycling instructor called out for cyclists to turn a center knob and increase the pedaling difficulty. The cyclists assumed different riding positions that isolated particular muscle groups providing an almost full-body workout.

Another group felt the positive effects of another low impact class. Step aerobics had participants step up and down to the beat of music.

Muscle conditioning was another aspect of the Aerobathon held after the group events. Door prizes were also given out throughout the day.

The final event was another class offered by the Semper Fit instructors. Yoga helped participants cool down and relax after more than three hours of heart rate pushing aerobic events. Each participant was also given a gift bag provided by sponsors.

For more information on the aerobics classes offered at the IronWorks Gym, contact the Semper Fit Division at 253-6578.



Keiko Kugiya, event participant, moves to the beats of the Latin-Cardio Class during the 7th annual Goodwill Aerobathon held at IronWorks Gym here, Sunday morning. The event brought members of the local community together for fitness and fun.



ABOVE: Kazunori Harada, follows the movements of the instructors during one of the many aerobics sessions at IronWorks Gym, Saturday. BELOW: Ray Rich prepares to punch during the Aerobathon's cardio-kickboxing class.

