

VOLUME 49 NUMBER 30

MARINE CORPS AIR STATION IWAKUNI, JAPAN

AUGUST6, 2004

Graham said the Marines em-

"The Marines don't get to do

ployed dozers, SEE tractors, graters

and dump trucks during the project,

accomplishing all three missions in

stuff like this that often," said Sgt.

Antonio Green, MWSS-171 HE op-

erations chief. Green was respon-

sible for keeping the equipment op-

erational and ensuring the Marines

had assignments throughout the

them out there and gain the experi-

ence," he said. "All the Marines were

licensed on a new piece of equipment

Heavy Equipment officer in charge,

expressed her enthusiasm at the in-

valuable training opportunity the

and were able to do some training

with the heavy equipment," Ervin

said. "I thought that my (non com-

"The Marines really got out there

project afforded the Marines.

2nd Lt. Julie K. Ervin, MWSS-171

while they were there."

"It was a great opportunity to get

less than the projected time.

Homeland security officials selectively raise threat level

SAMANTHA L. QUIGLEY American Forces Press Service

WASHINGTON, Aug. 1, 2004—Homeland Security officials have raised the color-coded threat level to orange, or high, for parts of New York City, northern New Jersey, and Washington, D.C. In an afternoon press conference today Homeland Security Secretary Tom Ridge cited "new and unusually specific information about where al Qaeda would like to attack," as the reason for the elevation.

The elevation of the threat level specifically targets the financial-service sectors of New York City, northern New Jersey and Washington, D.C. The rest of the country remains at a yellow, or elevated, state of alert.

By raising the threat level for these areas, protective resources can be brought to their highest capacity in and around the buildings that are reportedly al Qaeda targets, Ridge said. Those specific targets are the Citigroup buildings and the New York Stock Exchange in New York City, Prudential Financial in northern New Jersey, and the Interna-

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INSIDE

Vikings gather for field mess Hornet squadron celebrates tradition at club ballroom.

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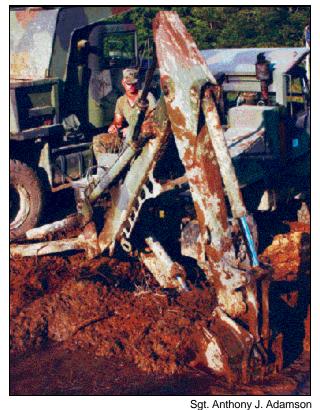
Support squadron builds road for nearby installation

LANCE CPL. DAVID REVERE Combat Correspondent

Twenty-six Marines from Marine Wing Support Squadron 171 returned to the Station, July 29, after building a road in Camp Kawakami, Japan.

Engineers, heavy equipment operators and motor transport operators came together to level out the nearly half a mile long gravel road and perform other road-construction projects for the U.S. Army ammunition depot over the course of 13 days.

"We had three missions up there," said Staff Sgt. Stephen E. Graham, MWSS-171 construction platoon foreman. "We cleared a fence line of brush and trees to increase the camp's force protection. There was also a drainage ditch approximately two hundred meters long that had to be



Lance Cpl. Heim Thomas, Marine Wing Support Squadron 171 heavy equipment operator, digs a water channel with a Small Emplacement Excavator, July 27.

cleared out with a (Small Emplacement Excavator) tractor. miss Then we built the gravel road that went around a different area of the fence line."

missioned officers) and staff NCO's did a great job leading

project.

see SQUADRON Page 4

Former commander takes last flight

LANCE CPL. LYDIA DAVEY Combat Correspondent

July 30 saw Col. Dave Darrah making his last flight both as commanding officer here and as a military aviator.



been in command. I really enjoy what I'm doing.

"I'll also miss the people on and off the base," he added.

During his final year before retirement, Darrah will be working at the Pentagon for the Department of Aviation with friend Lt. Gen. Michael Hough. Darrah attended the University of Florida and the University of North Florida. He graduated with a degree in Afro-American History and a Secondary Education teaching certificate. Darrah was a member of the Platoon Leaders Course and upon graduation was commissioned a second lieutenant in December 1974.

Station, Group change hands A look at incoming commanding officers and their predecessors' accomplishments. Page 6

IWAKUNI WEATHER

T-Storms

High: 91





Saturday Scattered T-Storms High: 93

Sunday Sunny High: 94

www.iwakuni.usmc.mil

Darrah piloted his C-12 through clear skies near the Station for nearly an hour and made several touch-and-go's before performing what he called "a squeaker of a landing."

"It was a great flight, and a great opportunity to close out my career. I got to fly with another great pilot and good crew chief," said Darrah.

Since his designation as a Naval Aviator in June 1976, Darrah has logged 5,875 hours in military aircraft.

He has flown C-12s and A-4's, and taught in T-28s and T-34s. However, Darrah refers to himself as "A helo guy by trade," and often recalls his hours in the CH-46.

Cpl. Amber N. Castro Former Station Commanding Officer, Col. David T. Darrah takes his last flight as a naval aviator July 30.

In his time here, Darrah has logged more than 1,000 hours in the C-12 aircraft.

But flying is just one of the things he'll miss about Iwakuni, he said.

"It's very bittersweet – giving up the reigns," said Darrah. "I'll miss the challenge of command. I really love it. I haven't lost a day of sleep since I've Col. Darrah was selected for command and assigned to Iwakuni, Japan, during March 2001.

Darrah's personal awards include the Defense Meritorious Service Medal and three Meritorious Service Medals.



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

Thank you from Big Kyle

STAFF SGT. J EFFREY LOGRASSO Letter to the Editor

On June 19 of this year, my son, Kyle Lograsso, was diagnosed with retinoblastoma, as some of you may know. Simply put it is cancer of the eyes. It is found in less than 250 children annually. Through it all Kyle has simply been amazing. His spirits are as high as the sky and there is no way that he is going to let this cancer get him. At the ripe old age of 2 he has made his father proud because of the

courage he has shown and he has also become my hero.

What some of you may not know is the amount of support that has been given to us from the Iwakuni family. Since we learned of this devastating news you have been there for us no matter the situation. It began with the medical staff bending over backwards allowing Regina and I to fly with Kyle to Tippler Army Medical Center in Hawaii. This, as you know, is not common, however our medical staff on Iwakuni made it happen, for that I cannot thank you enough. When it was deter-



Kyle Lograsso, 2, with his never-ending smile four days after eye surgery.

mined that both of us would be able to go, we were put in a situation of determining whom would be able to watch our other two children Kristen (10) and Kaley (7)? God provided that answer in Jon and Misty Robinson, already having 3 children of there own, they, without hesitation, came to us and offered to take care of our girls as long as necessary.

Never once during the entire month that we were gone did they ask when we were coming back, or if there was someone else to watch the girls. It is truly a blessing to have such friends and to be able to count on them no matter the circumstances. Jon and Misty you will never know how much of a comfort it was to us knowing that our girls were taken care of allowing us to concentrate on Kyle's well being. You are no doubt in our eyes part of our family and will be forever. There are really no words to describe how we feel about your family, just know you will be forever a part of ours. Thank you and God bless you.

My command (MWSS-171) has left no stone unturned, while helping not only Regina and I in Hawaii and now Philadelphia, but also taking care of our girls and offering help to the Robinsons at all times. I would like to thank all of the Marines in MWSS-171 for keeping Kyle in your prayers. Your donations and e-mails of encouragement kept me going when the thought of giving up entered my mind. There are individuals Regina and I would like to point out that went beyond all expectations we had. My commanding officer and executive officer, (Lt. Col. Escalante and Maj. Himelspach) have been unbelievable from the start of this ordeal. You two gentlemen are second to none. You both have made sure all my family's needs have been taken care of and if there was a roadblock you pushed through it and made it happen. Your families took a personal interest in our daughters, made them feel at ease and took their minds off missing there little brother. I am truly lucky to have such fine leaders as you. Thank you to you and your families. The Cooper family went out of their way to help, taking the girls on trips and just giving the Robinsons a break. Thank you so much.

the way, your words of wisdom, encouragement, and your man-to-man talks kept me going. There wasn't a day that went by when you didn't call or write and ask how Kyle was feeling, anything I needed you promised to get for us and you did. You requested prayers for Kyle every single week in church, and I promise they worked. My family and I can never ever thank you enough for what you have done and continue to do. It still to this day has not stopped. I am blessed to have been able to serve with you and will never forget what you have done. Thank you and God Bless.

The congregation of Jucilium

The congregation at Iwakuni Assembly of God, what can I say? You all have kept our entire family in your prayers. Darrell and Robbie, John and Cynthia, Pastor Ray and Louis, Shelly and Kenney, you all have been sent from above. We are truly blessed to have been able to become members of IAG. You have been so wonderful to Kristen and Kaley. You all will never know the love our family has for you and all the members of Iwakuni Assembly of God Church.

Please bear with me as I still have a few more to thank. Greg, Chief Warrant Officer Porche and

the members of the Genesis Lodge, your donation and prayers have gone a long way and we thank you.

Stephanie you have went out of your way to help us, you took the time to get everything started when you were on vacation, for that we cannot thank you enough. Kyle will miss you and "V" as will all of us. You were there for us the day we landed on Iwakuni and will be, I know, until the day we leave. Thank you for everything. We will be waiting to hear from you in the future. Chaplain Coates and Chaplain Gault thank you for your prayers and keeping Kyle lifted up every Sunday. Prayer is very powerful and our family knows without it we would not have been able to make it through these hard times.

To my other family the Iwakuni Softball team and the softball community Kyle says "Hit it like a truck!" Your donations have completely overwhelmed us and I am at a complete loss of words. I just cannot describe the amount of gratitude I have for all of you. It could have become an unbearable situation if not for your generosity. Kyle has been blessed to have more Uncles' than any boy in this world. He has spent his entire life at the ball field and will miss you all dearly. You mean a lot to him and to me and we will both never forget you all. So to Uncle Jon, Billy, T, Big B, Donnie, Freddie, Mr. Keith, Bobby B, Ball, Daven, Eli, Big Del (Justin), Jordan, Damon, Chad, Roy, Luther, Mr. Ray, Ronnie, Abe, Stone, Donald (Carter), Sly, Monroe, Doc, JOE-JOE (HBOE GBY), Kenny, Dennis, Gomez, Jen-ay, Jen, ACE, Bear, Z, Mrs. Juanita, Haley, Hendricks, Wiss, Wyatt, Doug and all the Softball players on the KUNI ... my family says God bless you and your families and thank you for being a big part of Kyle's life. The Lograsso family would like to thank all the residents of Iwakuni for bringing our family into their lives and being there for us. It truly shows that the Marine Corps family is stronger than ever. We have been blessed to be a part of this community and will be forever grateful for the experience. We have a long and hard road ahead of us as we leave Iwakuni Aug. 10 for Philadelphia. But with God on our side and the family here in Iwakuni, Kyle will beat this cancer and live a long and happy life. Iwakuni you will be in our hearts forever. I know there are many members of this community I have forgotten to thank, so please forgive us and know I truly thank you all from the bottom of my heart. God bless each and every one of you. Semper Fidelis.

The *Torii Teller* welcomes Letter to the Editor submissions. Letters are the opinion of the writer only. Submissions can be edited for clarity and space. Letters can be dropped off at the Public Affairs Office or sent via e-mail to wynkooprw @iwakuni.usmc.mil.

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

To Sgt. Maj. VanOostrom, there are none like you and in my eyes there never will be. Without your support and leadership I know in my heart there is no way I could have made it through. I can say without a doubt you are a Marine's Marine. You have been there every single step of

Vikings gather for field mess

STORY AND PHOTOS BY LANCE CPL LYDIA DAVEY Combat Correspondent

One hundred seventy-nine Marines from Marine All Weather Fighter Attack Squadron 225 gathered July 29, at the Club Iwakuni Ballroom for their first field mess since arriving here.

The evening's events included awards, dinner, a brief presentation of the era in which the unit was born, fines and toasts.

"The field mess provides a great opportunity to get all of the Marines together and celebrate what makes Marines unique," said Gunnery Sgt. Michael Webber, VMFA(AW)-225 quality assurance chief. "It allows us to pay homage to those who have gone before us, and pass traditions on to newer Marines."

One such tradition involved an inept cook fleeing from unit Commanding Officer Lt. Col. William Van Atten, who fired a series of blanks from his pistol and shouted, "Do not return until you can present meat that is fit for my men!"

Minutes later the cook, wearing a flack jacket and Kevlar helmet, returned with a large side of beef. Van Atten accepted the second dish, and the field mess officially began.

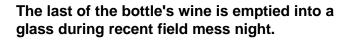
"It's such a motivating experience to be in the presence of so many of my esteemed comrades," stated Lance Cpl. Anthony Reid, VMFA(AW)-225 supply clerk. "The best part of the evening was seeing Sgt. Albert Parks receive the Navy Achievement Medal."

During the final hours of the mess night, the Marines took the opportunity to toast their contemporaries, as well as those who had gone before.

Van Atten proposed a toast "To all the Marines who are missing," and followed that with a toast, "To those who have given the full measure of devotion. To those who are not with us tonight - our fallen comrades."

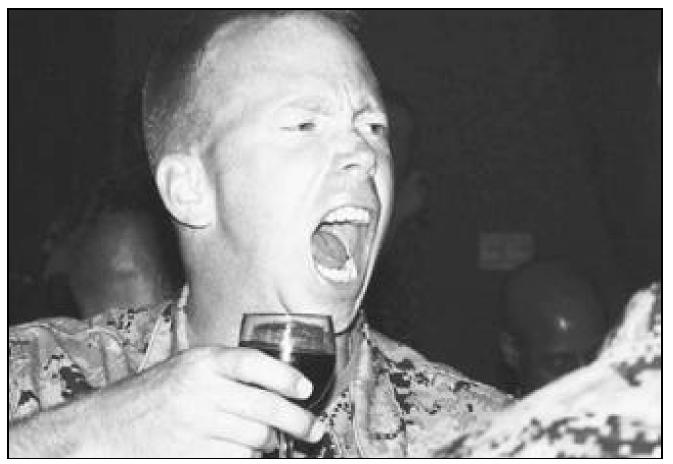
Guest of honor Col. Howard Barker, Marine Aircraft Group 12 commanding officer, took the opportunity to salute the unit.

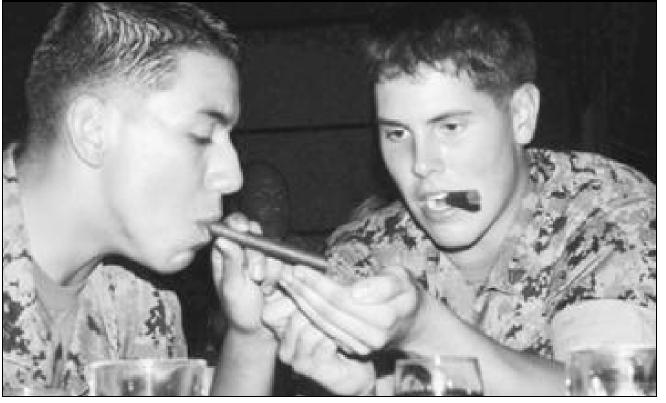
"I applaud all of you for what you've done, and I



applaud all of you for what you'll do," said Barker.

Marine All Weather Fighter Attack Squadron 225 arrived here during April as part of the Unit Deployment Program.





Cpls. Brian A. Hernandez and John P. Inabinet fire up cigars during the squadron field mess.

News Briefs

GOSPEL CHOIR OF IWAKUNI Association

The association is looking for individuals that desire to make a joyful noise unto the Lord. If you enjoy singing, praise dancing, playing Gospel music or just would like to volunteer in any form to support this outreach ministry, call Gunnery Sgt. Chambers at 253-2911, Jennifer Jones or Gunnery Sgt. Jones at 253-2097.

NAVY BALL

The Navy Ball will be held Oct. 15. The special guest speakers will be Rudy, retired Navy Seal and reality television star, along with Brig. Gen. Frank Panter, Commanding General, 3d FSSG, Okinawa. The tickets are on sale now. Call Petty Officer 1st Class Wimbush at 253-3371 for more information.

Chief Warrant Officer Martin F. Ziola, cheers his approval during the July 29 field mess at the Club Iwakuni Ballroom. Ziola joined 178 other Marines for the first field mess of the current unit deployment program.

COLLEGES ON STATION

The registration for Term 1 for the University of Maryland and Central Texas College is open through Aug. 13. Call 253-3494 or 253-3631 for details. Class schedules can be picked up at offices of both colleges, which are located on the first floor of the Marine and Family Services Center next to the Crossroads Mall. UMUC students must take a placement exam prior to registering for math and English.

Dental technicians graduate from Red Cross course

LANCE CPL. L YDIA DAVEY Combat Correspondent

Members of the Red Cross dental assistant training program gathered July 29, at the Station Dental Clinic for a graduation ceremony.

The class of four completed a course of classroom instruction, as well as more than 500 hours of practical chair-side application.

By the course's end, the students were proficient in assisting a dental officer in treatment of patients, examining and verifying dental records and preparing instruments, dental materials, and medications for use. They were also able to take and record blood pressure, sterilize instruments, maintain equipment and perform a variety of other related tasks.

"Our volunteers are very important to us," said Lt. Cmdr. Timothy E. Tinker, officer in charge of the clinic. "Times in the military are changing. Due

to downsizing and deployments, we sometimes experience personnel gaps. The Red Cross has always been there to fill those gaps."

Completing the training is rewarding for a variety of reasons, said Lt. Cmdr. Willie Chao, clinic Red Cross volunteer program coordinator.

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Marines and getting them the experience on the equipment. It was great to see small unit leadership."

Graham said he hopes the experience will also be a catalyst for future training.

"One of the important things about this mission is that it



Lance Cpl. Lydia Davey

Lt. Cmdr. Willie Chao, clinic Red Cross volunteer program coordinator, presents Jennifer Eldridge with a certificate of appreciation for completing the clinic's dental technician training program. Eldridge was one of four graduates who gathered with friends and family July 29, at the Branch Medical Clinic to receive certificates.

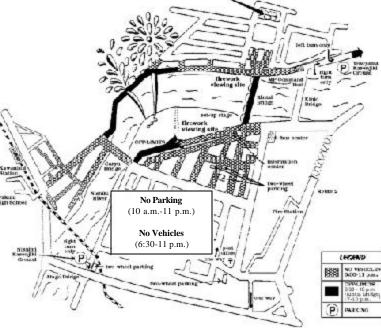
> "Becoming registered as a dental technician provides a basic foundation for our students to either work here, or interview with private dental offices," said Chao. "In the past two years, we've hired two of our students."

However, volunteers are appreciated even if the

take an HIV test and Hepatitis B immunization series and complete occupational nurse screening, said Timms.

For more information, please contact the Red Cross at 253-3956.

Nishiki River Water Festival traffic advisory Schedule of events



9-9:30 a.m. Religious ceremony 10 a.m. to 12 p.m. Treasure hunt

clinic isn't hiring, noted Chao.

"I plan to volunteer here during the coming months," said Lisa Szczepek, course graduate. "It's another step toward a career as a dental hygienist."

Szczepek began training Jan. 18, and completed the class requirements in May.

A new class will begin Sept. 20, said Chao.

"Registration is now open, and spaces are limited," said Donna Timms, field office coordinator. "If you're interested in the program, please contact the Red Cross."

Potential students must possess a positive attitude and a willingness to learn, said Chao.

They must also fill out an application and participate in an orientation with the Red Cross, possess a GED or High school diploma, be CPR certified,

opens up communication between us and Camp Kawakami," he said. "We came together and did them this favor. In the future, we would like to go up there again and do field training in the kind of wooded, jungle environment that they can't get here in Iwakuni."

Lance Cpl. Justin S. Basset, HE operator, said he's looking forward to future training.

"I'd like to get a chance to beautify the area a little more," he said. "It was great training. There was a lot of mud out there whipping me around in the dozer. We don't get a chance to do a lot of dirt work that often." 6:30-7 p.m. Brass band concert 7-7:30 p.m. Yosakoi Dance 7:30-8 p.m. Drum performance 8-9:30 p.m. Fireworks

Many activities are scheduled during the 37th Annual Nishiki River Water Festival Saturday from 10 a.m. to 11 p.m. Since there will be a large number of vehicles in the area, Station residents are encouraged to use public transportation, walk or ride a bike.

Station officials remind residents they are required to

wear proper civilian attire. There is no swimming in the river, and no personal use of fireworks is permitted during the festival.

No tents, tarps and barbecue allowed. Boating, canoeing and camping are also prohibited during the festival.

Passport helps prevent disease

LANCE CPL. ROSEA. M UTH Combat Correspondent

CAMPFOSTER, OKINAWA, Japan

— Summer traveling throughout the Asian Pacific is a popular practice among service members stationed on Okinawa. Whether venturing solo, or with friends and family, travelers should be aware of the health risks associated with the countries in the region.

To counteract the diseases, viruses and parasites that can be caught, travelers need to take preventative measures before visiting foreign countries.

"Service members and their families should research the country they are intending to visit and read guidebooks on the areas they want to travel to. If travelers have any questions or need preventative shots or pills, they need to contact their primary care advisor," said Lt. Cmdr. James R. Pate, director of community health, U.S. Naval Hospital, Okinawa.

For service members and families visiting countries in Southeastern Asia, TRICARE provides a travel card that lists contact phone numbers for emergency medical and dental care.

"The TRICARE Travel Card provides an international SOS phone number for service members and their families who need emergency care in foreign countries. As long as they have a military identification card, the SOS number will tell them what hospitals are approved by TRICARE.

Families don't pay to use the hospital, all they do is fill out the required forms and the fees are paid by the military," said Arlita McClintock, TRICARE marketing representative, U.S. Naval Hospital, Okinawa.

The number one illness that travelers catch is travelers' diarrhea, which is contracted from drinking or eating food contaminated with shigella

"When traveling through some of

bacteria.

these Asian countries, drink only bottled water and eat food from restaurants as opposed to street vendors," Pate said.

On a recent deployment to Exercise Cobra Gold '04, many Marines caught travelers' diarrhea.

"I was in Thailand for 22 days, and 18 out of those 22 days I was sick from eating something that was contaminated. I was having cramps, nausea

and cold sweats for most of the time I was there.

"After ten days of being sick, I went to the hospital, and the doctor gave me Imodium, but it didn't work. I had to wait it out and allow my body to fight off the bacteria," said Gunnery Sgt. Timothy Streaty, operations training chief, Consolidated Public Affairs Office, III Marine Expeditionary Force.

Another common disease prominent in Asia is malaria, according to the Centers for Disease Control and Prevention.

"What many travelers do not know is many of the disease-carrying insects are more active at night. It is really important to use bug spray or wear long sleeve shirts or pants. Make sure you get the required pills



Lance Cpl. Rose A. Muth

The health care passport (left) and international SOS card are available through TRICARE for service members and their families traveling to Southeastern Asia. The passport provides a list of military medical facilities available in Japan, Guam and Korea. The SOS card provides phone numbers for emergency care in countries where no military medical facility is available. Contact TRICARE at 253-3126 for more information.

and shots to prevent catching this disease (malaria)," said Navy Lt. Uday Paul, staff internal medicine, U.S. Naval Hospital, Okinawa.

Getting the proper immunizations six weeks before traveling to the country of destination is important but not as important as making sure the medicine is taken properly, Pate emphasized.

"Travelers should take their medicine until it is finished. If they do get sick, they need to see their doctor and inform them of their recent travels," Pate said.

Third World countries go through waves of epidemics. Travelers should be prepared, which will help keep them from getting sick, Paul said.

"There are a couple of precautions to take when traveling, no matter the

destination," Pate said. "(Ensure you) wash your hands often with soap and water and eat only thoroughly cooked food. Eat only fruits and vegetables that you have personally peeled. There's a good saying to remember when eating foreign foods: boil it, cook it, peel it, or forget it."

Although there are many precautions to take when visiting foreign countries, the safety steps can help make your vacation more enjoyable and memorable. After all, being sick while vacationing is no fun.

For more information on what precautions you and your family can take before visiting a foreign country, contact TRICARE at 253-3126 or research the CDC Web site at www.cdc.gov/travel.

While Homeland Security experts are working with protection to an already vigorous security effort across cials from the White House, FBI, CIA and other the country.

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tional Monetary Fund and World Bank facilities in Washington.

Ridge said actions to further strengthen security around the buildings are already underway. Additionally, Homeland Security officials are working to get more information regarding any possible targets beyond those named.

"Compared to previous threat reporting, these intelligence reports have provided a level of detail that is very specific," Ridge said. "The quality of this intelligence, based on multiple reporting streams in multiple locations, is rarely seen and is alarming in both the amount and specificity of the information."

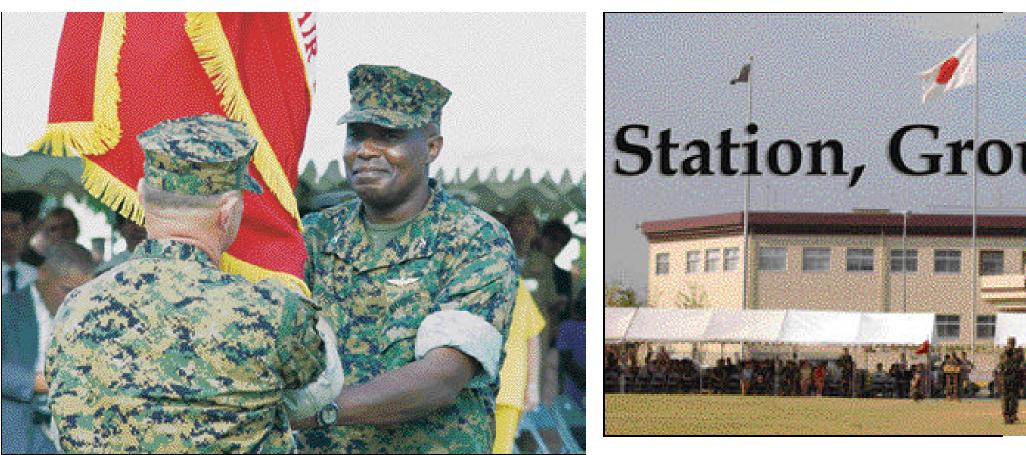
He also said that though the threats, which indicate a physical attack over a cyber attack, are specific in location, the time frame is not firm beyond the period leading up to the national elections. officials from the White House, FBI, CIA and other federal agencies, Ridge said, the governors and mayors of the affected areas also have been brought into the loop.

Security measures are being tailored to each specific building with the help of the executive leadership of the companies that own and operate the buildings. "Understandably, security measures at each facility will not be uniform in nature, given the scope and scale of the building architecture, access to and from roads, and other variables," Ridge said. "Certainly, we will not broadcast our intentions to the enemy."

Buffer zones to secure building perimeters from unauthorized vehicles, restricting access to underground parking, and tighter screening of personnel entering and exiting the buildings are a few of the measures being taken in light of the new information. Ridge said these measures, seen and unseen, add layers of The secretary said the kind of information that led to the elevation of the threat level comes from offensive intelligence and military operations overseas and strong partnerships with world allies.

"The terrorists should know, in this country, this kind of information, while startling, is not stifling," Ridge said. "Al Qaeda wants to intimidate us and prevent us from enjoying our freedoms. And yet, liberty has no greater protector than the collective will of the American people. So, together let us take inspiration from this strength, and use it to our utmost to keep our great nation safe and free."

With many symbolic events and large gatherings — including the Democratic and Republican national conventions — this summer, security has been ramped up to unprecedented levels, officials have said.



Cpl. Amber N. Castro

Col. Michael A. Dyer, Station commanding officer, takes the reigns of the Station from Col. David T. Darrah, during a change of command ceremony, July 30.

The Station color guard presents the colors during the change of command ceremony held on the parade field in Station from Col. David T. Darrah. The reviewing officer

New commanding officer takes over Air Statio

LANCE CPL. RUBEN D. CALDERON Combat Correspondent

l. Michael A. Dyer assumed Command of Marine Corps Air Station Iwakuni from Col. David T. Darrah during a change of command ceremony July 30.

Dyer graduated with a Bachelor of Science degree and was commissioned a second lieutenant from the United States Naval Academy in June 1978.

Upon graduation from the Basic School in Quantico, Va., in 1979, Dyer served as the motor transport maintenance officer for Marine Corps Base Quantico. He then received orders to Pensacola, Fla., for Naval Aviation training. He completed initial flight training in Dec. 1980.

He then reported to Marine Aircraft Group 16, Tustin, Calif., for Marine Occupation Specialty training at HMT-301 in the CH-46 before assignment to HMM-161 where he served in various administrative and maintenance department billets. While in HMM-161, Dyer was promoted to the rank of captain and completed two deployments under a unit deployment program to Okinawa, Japan. He was then reassigned to HMM-364, MAG-24, MCAS Kaneohe Bay, Hawaii, in April 1985. It was there that Dyer participated in the development of the newly reactivated squadron and served in the Quality Assistance, NATOPS, weapons and tactics instructor and operations officer billets. While assigned to HMM-364, he completed two more UDP's to Okinawa

and attended the WTI course in Yuma, Ariz.

Transferring to the 12th Marine Corps District Recruiting Command in San Francisco, in Jan. 1989, Dyer was the assistant for officer procurement. It was during that duty that Dyer was promoted to major in Nov. 1990 and subsequently selected to attend the Marine Corps Command and Staff College in June 1992.

After graduating from there, Dyer reported to MAG-36, 1st Marine Air Wing, Okinawa, Japan. He initially served in the maintenance and executive officer billets of the squadron and conducted several deployments aboard the USS Belleau Wood while the squadron was the designated aviation combat element of the 31st Marine Expeditionary Unit. He remained with HMM-262 until promoted to lieutenant colonel in June 1996 when he was transferred back to the Air Group for duty as the operations officer.

Dyer was then selected for com-

for the 1st MAW in June 1998 until 1 was reassigned back to MAG-36 as executive officer of the Air Group in 1999. He remained in that position u he received orders and was transferi Headquarters NORAD, Peterson Air Force Base in June 2000.

He was then promoted to colon on April 2001.

While at HQ NORAD he served the deputy chief, readiness division battle staff director during Operation Noble Eagle. Following his stay at NORAD, Dyer returned to Okinawa the inspector, MCB Japan and MCB Camp Smedley Butler in July 2002 at remained there until receiving orders here.

Dyer has flown more than 5,000 hours in various types of aircraft.

His personal decorations includ the defense Superior Service Medal, Legion of Merit, three Meritorious Service Medals, and the Navy Achie ment Medal.

Dyer is married to Lisa S. Dyer o



Cpl. Amber N. Castro

Col. Bradley Turner, chief of staff, Marine Corps Base Camp Smedley D. Butler, Japan, presents Col. David T. Darrah with the Legion of Merit during the Station change of command ceremony. Darrah received the award for his performance as Station commanding officer.

Capt. Jeffrey Munoz, Headquarters Company, company commander (right), calls a platoon movement during the adjutant's call of the parade, July 30.



Marine All-w tention durii

mand and was the commanding officer Elgin, Ill.





Photo illustration by Tadahiro Ozako

them and Kimigayo (Japanese National Anthem) during the Station Ig. 1 here, July 30. Col. Michael A. Dyer assumed command of the Air le was Col. Bradley Turner, chief of staff, MCB Camp Butler, Japan.

arker takes charge of 'Ready Group'

LANCE CPL. RUBEN D. CALDERON Combat Correspondent

1 ol. Howard F. Barker assumed command of Marine Aircraft Group 12 from Col. Stephen M. Pomeroy ng a change of command ceremony July 23 at the th side hangars.

Barker graduated with a Bachelor of Science degree lectrical Engineering from the U.S. Naval Academy. was then commissioned second lieutenant May).

After completion of flight school, Barker received wings and entered F-4 training at VMFAT-101. His fleet tour was an assignment to Marine Fighter .ck Squadron 251, Marine Corps Air Station ufort, S.C. There he served as assistant adminison officer, schedules officer, quality assurance cer and was designated an Air Combat Tactics ructor.

Barker was then transferred to Marine Corps Base p Lejeune, N.C., for assignment to Second alion, Second Marines for duty as a Forward Air troller. He was promoted to the rank of captain. Barker was then assigned to H&MS-31 at MAG-31, AS Beaufort, where he flew the TA-4 and worked IAG-31 operations. Three months later he proceeded to NAS Cecil Field for transition training to the F/A-18 Hornet.

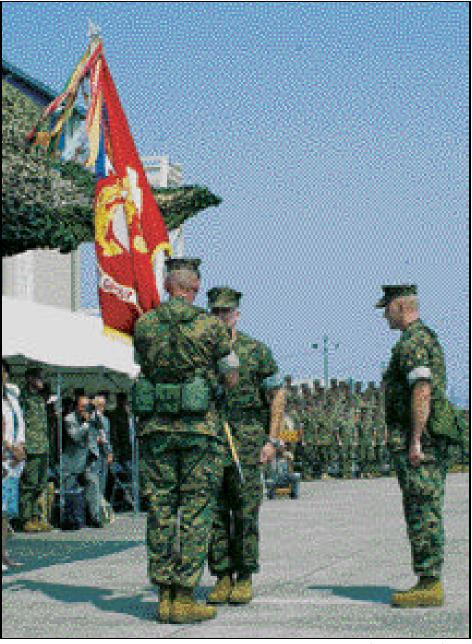
Successfully competing F/A-18 training, Barker was reassigned as the MAG-31 NATOPS officer.

In January 1988 Barker attended Aviation Safety

School and then joined VMFA-115 as the director of safety and standardization. While with the squadron, he also attended Navy Fighter Weapons School and deployed to the western Pacific.

Barker joined MAG-24 Kaneohe Bay, Hawaii, as the aviation safety officer. He had the opportunity to go on a Continental United States deployment with VMFA-235 on July 1990 to Nellis Air Force Base. While there, the squadron deployed to Bahrain where they participated in Operation Desert Shield and Desert Storm. During this time Barker acted as the squadrons aircrew training officer and MAG strike planner. Upon return from Desert Storm, Barker deployed to Japan. He was promoted to the rank of major.

Barker was then transferred to MAWTS-1, MCAS Yuma, Ariz., and held the job of Tacair department head and extended his tour for a fourth year to perform the duties of operations officer. He was



Cpl. Amber N. Castro

Col. Stephen M. Pomeroy, former Marine Aircraft Group 12 commanding officer, passes the Group's battle color to Col. Howard F. Barker, MAG-12 incoming commanding officer, as Sgt. Maj. Robert O'Donnell, MAG-12 sergeant major, stands by during the ceremony.

then promoted to the rank of lieutenant colonel.

Barker received orders to the Air Command and Staff College, Maxwell AFB, Montgomery, Ala., July 1997.

In 1998 Barker moved to San Diego to join MAG-11. There he served as operations officer. In December 1999 Barker took command of VMFA(AW)-225. The squadron deployed to the western Pacific for six months and to Kuwait for three months.

Post deployment, Barker was transferred to the NATO Defense College in Rome. Successfully completing the course of instruction, he received orders to Headquarters U.S. European Command. He was then promoted to the rank of colonel.

As colonel, Barker took over the job of Plans Division Chief in J5 for the European Command.

Barker married Tamra Joanne of Rock Hill, S.C.



Cpl. Amber N. Castro

er Attack Squadron 533 Marines stand at at-) change of command ceremony here. They both are the parents of Howard, 15, and Alexandra, 13.



Cpl. Amber N. Castro

Drum Major, Sgt. Daniel E. Rettedal, Third Marine Expeditionary Force Band, gives a hand salute during the pass in review at the Marine Aircraft Group 12 change of command, July 23.

STORY ANDPHOTOS BY LANCE CPL. DAVID REVERE Combat Correspondent

Positioned precisely in the center of Tokyo's neon-bathed shopping districts and swarming business centers, a quiet little pavilion flourishes like the peaceful eye of a storm as a tribute to Japan's cultural heritage.

Asakusa is the heart of old-town Tokyo - a temple and shopping center surviving since the Edo period from 1603 to 1868. It's three main attractions are Sensoji Temple, the Five Storied Pagoda and the traditional Nakamise shopping arcade.

"The wooden buildings attract more than tourists," said Yoko Seo, Station cultural adaptation specialist. "People come to pray for their ancestors and to experience the real Buddhist meaning of the temple."

According to the Tokyo Essentials Web site, Sensoji is the oldest temple in Tokyo, first built in the seventh century and dedicated to the Buddhist goddess of mercy, Kannon. The temple can be found in the center of the district. As visitors enter the main Kaminarimon Gate, the God of wind towers regally on the right, and the God of thunder poses fiercely on the left.

"If you go to Tokyo you will usually find trendy, high-tech places," said Seo. "But Sensoji has a different atmosphere. It shows the old way that people lived. If you look around the area, you will see a lot of people who live in the more traditional Japanese way of life."

A fascinating place to witness that tradition is at the large bronze incense burner in front of the main building in Sensoji. It's believed that smoke from the incense has divine power, so visitors wave smoke toward their bodies and heads to heal illness or to keep their health.

"People believe incense put in the



Sensoji Temple's main Kaminarimon Gate is flanked by the Five Storied Pagoda to the left.

bowl belongs to Buddha," said Seo. "They use the smoke of the incense for a blessing. If they have a bad eye, they use the incense, hoping to heal their eye."

The Five Storied Pagoda is located on the left of the temple's main building. The pagoda was built in 1973 in honor of Japanese comedians.

In front of the temple is the Nakamise shopping arcade. This, along with the surrounding streets, was once the site of the Yoshiwara, the licensed pleasure quarter of the city of Edo. Many a kabuki play and other works of art were inspired by life in the Yoshiwara.

"It's a good place to find a souvenir to take back home," Seo said.

It's not the only thing visitors will take home. Asakusa offers an authentic, Japanese experience for all who pass through its gates.



Visitors wave smoke on themselves for good fortune from the large, bronze incense bowl in front of Sensoji Temple's main building.

FEATURE

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OUT THE GATE

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

Zoo Stays Open After Hours

The Tokuyama Zoo in Shunan City stays open until 9 p.m., after their regular hours 9 a.m. to 5 p.m., from Wednesday to Aug. 16. Visitors can observe animals at night. There will be a display of beetles and stag beetles at the Exhibition Hall. Admission fee is required. Call 083-22-8640 for more details. *"A Hymn To Light" Exhibition* An exhibition of paintings by an impressionist, Claude Monet is held now through Sept. 23, 9 a.m. to 5 p.m. at the Hiroshima Prefectural Art Museum. It is closed on Mondays except Sept. 20. The admission is required. For more information, call082-221-6246.

Yanai Goldfish Lantern Festival

This festival will be held around the JR Yanai Train Station Aug. 13, 4-9 p.m. A Giant Goldfish parade, a market, a goldfish catch, a beer garden, street performances and more are scheduled. It will be cancelled in case of inclement weather. Call 0820-22-2111 for more details.

Miyajima Underwater Fireworks Festival

A fireworks display will be held near the Itsukushima Shrine on Miyajima Island Aug. 14, starting at 7:50 p.m. Food booths will be set up in the evening around the shrine. Approximately 5,000 fireworks, including 200 underwater fireworks, are prepared. Ferries will stop around midnight. In case of heavy rain, the fireworks will be postponed until the following day. Call 0829-44-2011 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 timepriority basis. Deadline for briefs is noon Thursday. Torii Teller reserves the right to edit to fit space. Stop by Building 1, Room 216 to fill out a form.

AUTOMOBILES

Toyota Windom, 1994, 5 passengers, 4 door, radio/ cassette, P/W, P/D, excellent condition, JCI until Aug. 2005, \$3,000. Call Anna at 253-2676.

Subaru Impreza, 1994, 4 door, silver, automatic, P/ W, P/D, AM/FM/radio/ CD player, cold A/C, great condition, JCI until Sept. 2005, \$2,500 obo. Call SSgt. Potter at 253-6776 dwh or 253-2553 awh.

Mitsubishi Pajero, 1991, 2 door, runs great, automatic, A/C, JCI until March 2006, \$2,300. Call SSgt. Woods at 253-3805 dwh or 253-7470 awh.

Suzuki Escudo, 1994, 4

door, A/C, CD, P/W and P/L, Rhino Racks included, good family car, great for camping and touring Japan, JCI until June 2005, \$2,500. Call 253-6199 dwh or 32-5259 awh.

Honda Accord, 1988, 4 door, runs great, automatic, A/C, JCI until July 2005, \$1,200. Call SSgt. Woods at 253-3805 dwh or 253-7470 awh.

OTHER ITEMS

Misc., toddler bed, converts to twin bed, step 2 princess bed, castle headboard, drawbridge desk at footboard, new condition, matching toy box, pink & white, big, \$125 for all. Call Angie at 32-3468.

Misc., maternity clothes, 10-14; boys' clothes, new born-3T; toddler size shoes, 1-7 1/2; toys. Call Tina at 253-2498 before 8 p.m.

Misc., beautiful cotton blankets with all unit logos around edge. Perfect for gifts or as a reminder of your time in Iwakuni. Call Lucia Hall at 253-2122 or Kelly Liberm at 253-2745 for more information.

WANTED

Misc., 2 baby cribs. Call Cassandra Ashcraft at 253-2692.

LOST AND FOUND

Found

Ladies' watch was found

in the Building 655. Call 253-2256.

JOB OPENINGS

Torii Tunes

Nights & weekend part time help is needed at Torii Tunes in the Sound Shop. Open to all applicants. Flexible schedule. Applications can be picked up at the Sound Shop. Call 253-2555 for more information.

Navigant Sato Travel

Part time travel agent is needed. This position is responsible for providing travel service such as air, hotel and rental car to military and government. Applications may be picked up at Sato Travel/ PTO office in Building 163, first floor.

CHRO (253-6828)

- Clinic:
- -Occupational Health Nurse
- **MCCS:** -Financial Fitness Coun-
- selor -Family Team Building Director
- **Logistics:**
- -Supply Management Officer

Military Housing:

-Housing Management Assistant (OA)

MCCS (253-3030)

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

- -Secretary, Business Operations Administration, civilian only
- -Executive Chef, Club Iwakuni
- Quarters -Transient
- Bachelor Manager,
- Housing, civilian only
- –Program Assistant, CDC, civilian only
- -Program Assistant, CDC
- -Operations Assistant,

Sakura Theater, civilian only

- -Computer Operator, I.T. -Marketing Research
- Specialist, Marketing -Personnel Technician/
- Employee Relations, Personnel Office –Personnel Assistant.
- Personnel Office, civilian only
- -Duty Manager, Temporary Lodging Facility
- Continuously Open Jobs
- **Business Operations Di-**

vision **Retail Branch:**

- -Senior Sales Associate
- -Sales Clerk
- -Retail Operations Assistant
- -Store Worker
- -Laborer
- -Food Service Worker, Auto Mini Mart
- Food & Hospitality:
- -Club Operations Assistant
- -ID Checker
- -Waiter/Waitress
- -Food Service Worker
- **Services Branch:**
- -Retail Operations Assistant

Movie Schedule FRIDAY 11 a.m./5 p.m. Agent Cody Banks 2 (PG) 2 p.m./8 p.m. Barbershop 2 (PG-13) 11 p.m./5 a.m. Butterfly Effect (R) 2 a.m. Twelve Monkeys (R)

2 p.m./8 p.m. Something's Gotta Give (PG-13) 11 p.m./5 a.m. The Cooler (R)2 a.m. Me Myself And Irene (R)

SUNDAY

MONDAY 11 a.m./5 p.m. The Cat In The Hat (PG) 2 p.m./8 p.m. Win A Date With Ted Hamilton (PG-13)

DODGEBALL

A small local gym is threatened with extinction by a gleaming sports and fitness palace unless a group of social rejects can rise to victory in the ultimate dodgeball competition. (97 minutes)

SAKURA THEATER

ANCHORMAN

Set in 1970s San Diego, this is the story of local TV anchorman Ron Burgundy, God's gift to the ladies and the area's most respected reader of the teleprompter of the news fit to be known, who finds his position challenged by an ambitious female newscaster who, unlike Ron, actually knows something about journalism. (91 minutes)



2 p.m. Garfield (PG) 7 p.m. Dodgeball (PG-13) 10p.m. Anchorman(PG-13)

SATURDAY

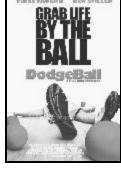
1 p.m. Garfield (PG) 4 p.m. Anchorman(PG-13) 7 p.m. Dodgeball (PG-13) 10p.m. Soul Plane (R)

SUNDAY

4 p.m. Raising Helen (PG-13) 7 p.m. Anchorman(PG-13)

MONDAY

2 p.m. New York Minute (PG)



THEY BRANE YOU THE MEWES

SATURDAY

11 a.m./5 p.m. Starsky And Hutch (PG)

11 a.m./5 p.m. Calender Girls (PG) 2 p.m./8 p.m. 50 First Dates (PG) 11 p.m./5 a.m. Monster (R) 2 a.m. Navy Seals (R)

11 p.m./5 a.m. Con Air (R) 2 a.m. Eurotrip (R)

TUESDAY

11 a.m./5 p.m. Secondhand Lions (PG) 2 p.m./8 p.m. Secret Window (PG-13) 11 p.m./5 a.m. Romy And Michele's H.S. Reunion (R) 2 a.m. Matrix Revolutions (R)

WEDNESDAY

11 a.m./5 p.m. Johnson Family Vacation (PG) 2 p.m./8 p.m. The Big Bounce (PG) 11 p.m./5 a.m. The Rundown (PG-13) 2 a.m. Beyond Borders (R)

THURSDAY

11 a.m./5 p.m. Miracle (PG) 2 p.m./8 p.m. Scooby Doo 2 (PG) 11 p.m./5 a.m. The Heist (R) 2 a.m. Interview With A Vampire (R)





RAISING HELEN

When her sister and brother-in-law die in a car accident, a young modeling agency assistant, Helen, takes on the role as guardian of their surviving three children: teenager Audrey, 10-year-old Kenny and kindergartener Sarah. As she tries to juggle the responsibilities of her new quasi-parenthood with the effects on her lifestyle (like moving with the kids to Queens) and her job, she also befriends a local pastor, Dan, who falls in love with her. (119 minutes)

7 p.m. Raising Helen (PG-13)

TUESDAY

7 p.m. Breakin' All The Rules (PG-13)

WEDNESDAY

2:30 p.m. Garfield (PG) 7 p.m. The Terminal (PG-13)

THURSDAY

7 p.m. Breakin' All The Rules (PG-13)

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

COMMUNITY BRIEFS

EDUCATION

Test Schedule Tuesdays/Fridays - CLEP, DSST Monday-DLPT Wednesday - ACT August 18 - AFCT August 19 - EDPT For more information call 253-3855.

CHRO

CHRO Training ■ **RESUMIX**: Wednesday, 9:30-10:30 a.m.

New Employees Orientation: Sept. 15, 8 a.m. to 4:30 p.m.

■ EEO Update For EEO Coun-

selors : Sept. 28-29, 8 a.m. to 4 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 one, Room 102.

MCCS

CRMC Classes (253-6439) ■ Hello USA: Wednesday, 11:30 a.m. to 1 p.m. For all foreign-born spouses. ■ Interviewing Skills: Thurs-

day, 1-3 p.m.

Club Iwakuni ■ All Ranks Old School Party: Saturday, 8 p.m. in the

CHAPEL SERVICES

Roman Catholic

Saturday Sunday

4:30 p.m. Confession 5:30 p.m. Mass 9:30 a.m. Mass 10:45 a.m. CCD

Protestant

Sunday	8 a.m.	Non-Denominational Christian
-		Worship Service
	9:30 a.m.	Sunday School/
		Adult Bible Fellowships
	11 a.m.	Gospel Worship Service
	7 p.m.	Liturgical Divine Worship
	-	(1st Sunday of the Month)

Cooperative Chapel Ministries

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

LAY LED SERVICES

Church of Christ

Sunday	9:30 a.m.	Bible Study
	10:30 a.m.	Worship Service
Wednesday	7 p.m.	Bible Study

Jesus Christ Apostolic

12:30 p.m. Worship Service Sunday 6:30 p.m. Bible Study Thursday

Ballroom. Call 253-3727 for details.

MCX (253-5641)

Back To School: Now through Aug. 13. Tommy Hilfiger and Skechers clothes, Ladies' Guess and Byer clothes, and Men's Nautical jeans and Quicksilver clothes.

■ Tent Sale: Thursday to Aug. 14 at the MCX parking lot. Hot specials featuring electronics, linens, apparel and more.

Youth Center (253-4769) School Age Care Day Camp: Aug. 23-27, 6:30 a.m. to 5:30 p.m. Let the Youth Center know one week advance if your child will be attending. Many activities are scheduled.

Teen Center (253-6454)

■ Oshima Katazoe Beach **BBQ**: Aug. 13, 9 a.m. to 5 p.m. Take in the sights and enjoy a cookout on this beautiful island. Bring yen for souvenirs. Signup before Tuesday. Only 25 seats are available.

■ Block Party: Aug. 27, 6-10:30 p.m. Enjoy food, games, prizes and the dance music. 5-8 p.m. for 5th-8th graders. 8:30-10:30 p.m. for 7th-12th graders.

Single Marine Program (253-3891)

■ Chichiyasu Water Park:

Sunday, 10 a.m. \$10 transportation. Bring yen for admission and food.

■ Pool & Spades Tournament: Aug. 15, 6 p.m. Great prizes for first, second and third place winners.

Intercultural Couples Group

This group is open to all intercultural couples and is intended to be a fun, positive atmosphere in which to explore cultural differences and/or challenges in relationships and learn how to turn these challenges into possibilities for creative change and communication. We will be meeting every other Tuesday, 6-8 p.m. A Japanese translator is available upon request. Call 253-4526 if interested.

Volunteer Brief

Aug. 16, 10-11 a.m. Volunteering is a great way to learn new skills, gain marketable work experience and meet people. Attend this class to find out more about volunteer opportunities on the Station. Call 253-6439 to sign-up.

Healthy Cooking Mexican **Style**

Tuesday, 6:30-8:30 p.m. in the IronWorks Gym Wellness Kitchen. Sign-up for \$5. Call 253-3696 for details.

COMMUNITY

YIEA Japanese Language Autumn Course 2004 The Yamaguchi International Exchange Association is sponsoring a Japanese language course for foreigners at the Iwakuni Civic Hall. The course covers three months. For more information, call Public Affairs Office, Yukie Wada at 253-5344 or 253-5551.

Crime Stoppers

If you have any information pertaining to a crime please call "Crime Stoppers" at 253-3333. Crime Stoppers is an answering service designed for anonymous callers to give information that would assist the Provost Marshal's Office in solving and preventing crime.

Thrift Store

The Thrift Store is open Mondays from 10 a.m. to 1 p.m., Wednesdays from 5-7 p.m. and the last Saturday of each month from 9 a.m. to 12 p.m. in Building 1117, located next to the Chapel. Volunteers and donations are always welcome. Call 253-4721 for more information.

Iwakuni Toastmasters

Toastmasters (TM) International provides an excellent opportunity to learn and practice proper public speaking and invaluable leadership skills. The TM experience also looks very good on your resume. The class meets every 2nd Thursday evening and 4th Friday at lunch. Japanese with intermediate or better English skills are welcome. Call Sallie Donahue at 253-5328 for more information.



Seventh-Day Adventist

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

Jewish

Every other Friday

6 p.m.

Shabbat

Latter Day Saints

Sunday

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

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

Lance Cpl. David Revere

Summer Readers Reap Big Rewards

Miyukiko Kostelny, 15, took first place in the 13-17 year old age division of this year's summer reading program after having read 100 books. Kostelny received a certificate and a new Huffy bicycle during an awards ceremony, July 28. The program, dubbed "Explore New Worlds, Read," is an annual incentive event coordinated by the Station library.

Shiatsu arrives on Station Ancient massage technique restores service members' chi

STORY AND PHOTOS LANCE CPL. DAVID REVERE Combat Correspondent

Whether tooling over a fighter aircraft in the heat of the day or staring at a computer screen for eight hours at a time, service members of every kind of military occupational specialty are invited to come to the massage table and experience the revitalizing benefits of shiatsu.

The word literally means finger pressure, and is a distinctively Eastern form of massage available to Station residents through the Health Promotions Office.

According to Hiroko Segawa, Station masseur, shiatsu uses natural body weight to apply pressure on special points on the body. Through this pressure, the energy flowing in the body's meridians, or energy channels, is influenced. This energy is called chi.

"When I do massage, chi comes out from my palms," Segawa said. "It's something that you feel when you are relaxed."

Segawa said it was important to understand that chi was not a part of the actual shiatsu massage technique.



A patient receives soothing benefits from expert fingers during a hand massage at the IronWorks Gym.

"Chi is not something physical," she said. "The actual technique works on the pressure points of the body. When you press certain points, the muscle is relieved. Shiatsu works only on your physical body, but through it, chi can be released to work on your mental side."

According to the Shiatsu Society Web site, shiatsu in Japan is traditionally perceived as an expression of chi. Chi is the origin, the power of life. When it stagnates, the body becomes sick. As the quality of chi changes, the symptoms associated with a lack of flow will gradually improve.

> For Station residents, Segawa offers shiatsu massage options for the face, forearms and hands, and calves and feet.

Hiroko Segawa, massage therapist, gently works the forearm of a patient in her IronWorks Gym office.

Segawa said that among the benefits of customers will receive are healthier skin, a refreshed mind, and a chance to genuinely relax.

"Teenagers with acne will get better skin," she said. "Women will be able to put on makeup easier. People will relax and reflect on their own life."

According to the Shiatsu Society Web site, other symptoms the massage may assist in healing are back pains, headaches, joint injuries, menstrual problems, digestive problems, asthma, depression and stress.

Segawa said the benefits differ from individual to individual.

Segawa offers a one-hour facial massage for \$3,000, a 40-minute hand and foot massage for \$2,000, and a 20-minute hand or foot only massage for \$1,200. To make an appointment, call the Health Promotions Office at 253-6359.

IWAKUNI SPORTS SCENE

BOWLING TOURNAMENT

Saturday, 1 p.m. Play three games: 3, 6, 9; 9-pin no tap; and Crazy 8s. Sign-up in advance for \$20 per person or \$25 per person on the event day at the Bowling Center. Call 253-3495 for details.

GOODWILL MODIFIED FAST PITCH SOFTBALL TOURNAMENT

Aug. 28-29. Call 253-5777 for details.

THREE- TO-FOUR-MAN VOLLEYBALL TOURNAMENT

Coaches meet Tuesday, 10 a.m. in the IronWorks Gym Wellness Room for the tournament on Aug. 21. For more details, call 253-4605.

SIX-MAN SOCCER

Coaches meet Aug. 24, 10 a.m. in the IronWorks Gym Wellness Room. Season starts Sept. 6. Call Athletics at 253-5777 to sign-up.

TREADWALL ORIENTATION

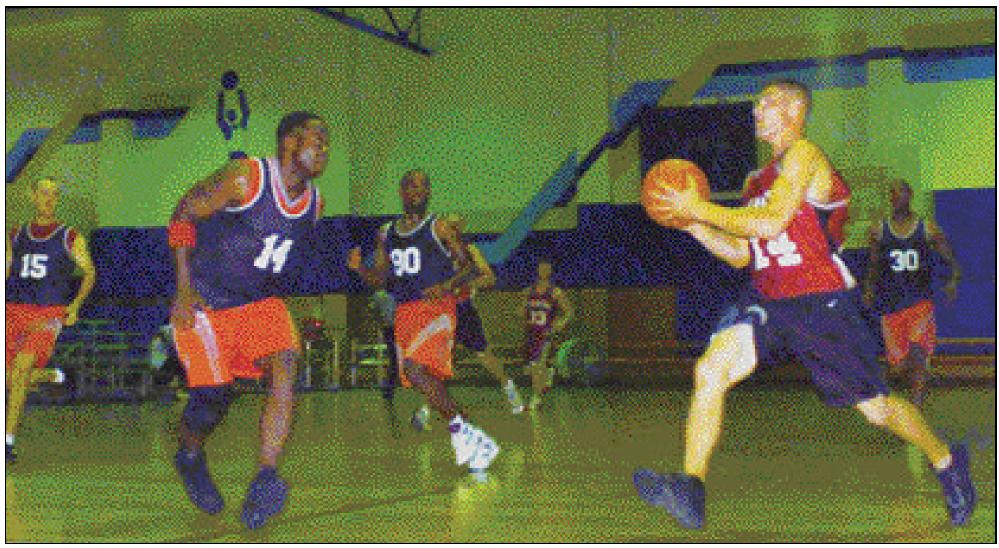
Aug. 16, 10-11 a.m. in the IronWorks Gym Cardio Room. Experience the challenge of the climbing wall under free expert guidance. Open to the Station residents age 16-years-old and older. Sign-up before Thursday at the gym. Call 253-6359 for more information.

DOLLAR TUESDAYS AT TORII PINES AND THE EAGLE'S NEST

Every Tuesday, from 1 p.m. U.S. and Japanese active duty service members play golf for \$1. Then from 1-8 p.m., service members show their \$1 green fee receipt at the Eagle's Nest Lounge to receive a \$1 draft beer and a \$1 order of buffalo wings. Only one order per service member is allowed. For more details, call 253-3402.

FAMILY APPRECIATION DAYS

Saturday, 1-5 p.m. All games at the Bowling Center are half price.



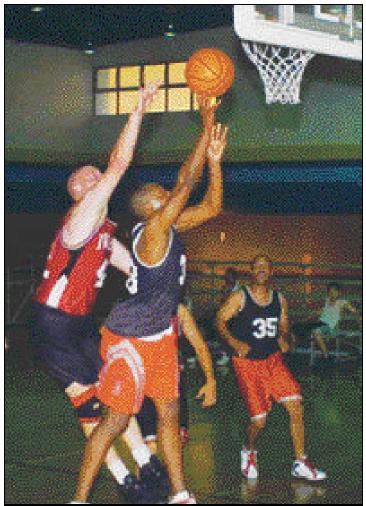
Photos by Lance Cpl. Lydia Davey

MCCI's Cory Young drives the ball down the court despite Last Stop's intense opposition. Last Stop's season record is currently 14-1.

Last Stop claims another victory

LANCE CPL. RUBEN D. CALDERON Combat Correspondent

The Headquarters and Headquarters Squadron team, Last Stop, continued on with their almost flawless streak of victories for the Intramural Basketball League.



Last Stop defeated Marine Aviation Logistics 12 Mobile Calibration Complex 1 50-34 at the IronWorks Gym, July 26.

The opening tip-off symbolized the nonstop action of the game. James L. Warren, Last Stop team player, won the opening tip-off and the team rolled

from there to another victory. Although MCC-1 put fourth a great effort, the team was obviously shaken by the dominant offensive force of Last Stop. Last Stop made continuous layups and shots with effortless finesse.

"We have outstanding players on this team," said LaMont Wilson, Last Stop head coach. "All of our players put fourth the effort to win."

One of his star athletes, Warren, makes it no problem to boast about his team and himself.

"We're the best team. There is no doubt about that," said Warren. "All of us come from similar basketball backgrounds and know the game inside and out."

Warren was the only player in the game to score a dunk.

"We may have lost one time but that's only one loss," said Warren. "We're definitely taking it all the way."

The team is currently 14-1. Marine Aviation Logistics Squadron 12 was the only team to defeat Last Stop.

Despite a loss for the MCC-1, Chicano Rodriguez, MCC-1 head coach, is optimistic and sees promise in his team.

"I think we are improving. I also think that if we get some more practice in, we'll do much better," said Rodriguez.

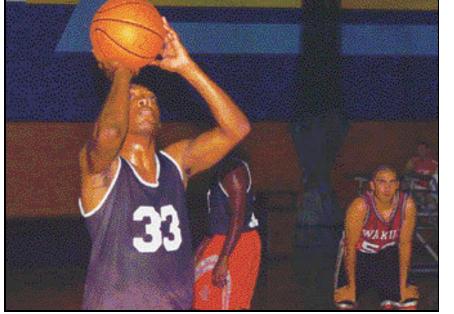
Regardless of wins or losses, the teams feel good to come out and get some basketball action.

"It's all in fun!" said Lee Woodbridge, Last Stop team player. Woodbridge became the catalyst

Woodbridge became the catalyst for a sure win during the

> second half. An upset-looking Woodbridge began to yell at his teammates, and eventually the other players. After the game Woodbridge admitted that it was all for fun. "I just said that to excite and psych the team up," said Woodbridge. "But we're all here just to have a good time and play basketball." The end of the regular season concluded last week and the teams will commence with the playoffs.

MCCI dukes it out with the team that would ultimately win the evening's challenge. Last Stop stomped MCCI, winning by 16 points.



Lee Woodbridge, Last Stop, aims for a basket during a tense game at IronWorks Gym here, July 26.