

MARINE CORPS AIR STATION IWAKUNI, JAPAN

## Memorial restoration; monumental success

LANCE CH. MARK FAYLOGA Combat Correspondent

Boy Scout Troop 77 honored our nation's veterans over the Memorial across the street from Crossroads During the renovation, the Scouts

"We had been looking for a project Day Weekend with a renovation of the to do regarding the troops," said Lt. Station Vietnam War Memorial located Cmdr. George N. Suther, Scoutmaster for Troop 77 and Station facilities officer. "We thought as a nice gesture for repainted the chipped and worn torii, Memorial Day, we should spruce up the



repaint the torii located at the Vietnam War Memorial, May 27. The Scouts renovated the monument to honor our veterans.

## Iwakuni residents honor fallen Americans with Memorial Day Service

LANCE CPL. LUKAS BLOM Combat Correspondent

A Memorial Day Ceremony was held at the Station Vietnam Memorial, May 27, to pay homage to our fallen brothers and sisters who paid the ultimate price while protecting the freedoms enjoyed by the citizens of the United States of America.

First held in May 1868, Memorial Day was created as a day to remember the fallen soldiers of the Civil War. During the first observance of the national holiday, May 30, 1868, flowers were placed on the graves of Union and Confederate soldiers alike. Although the South initially refused to recognize the crowd of Marines, sailors and civilians. holiday, honoring their dead on separate days until

AMERICAN FORCES PRESS SERVICE WASHINGTON - The U.S. Mint at Philadelphia celebrated National Military Appreciation Month May 25 with the ceremonial strike of a new commemorative coin, the 2005 Marine Corps 230th Anniversary Silver Dollar.

Current and former Marines cheered Proof Room where the silver dollar will will be paid to the Marine Corps be produced. The official launch of the Heritage Foundation to help construct

after World War I, Memorial Day is currently a day to remember and pay respect to service members who decades. have died in any war or conflict, not just the Civil War. "Traditional observances of Memorial Dav have diminished over the years," said Dyer. "Many The ceremony commenced with Station Chaplain. Lt. Cmdr. Alfonso J. Concha, delivering the invocation. Americans nowadays have forgotten the meaning and "We gather on this Memorial Day to pay tribute to traditions of Memorial Day. At many cemeteries, the those men and women who have made the supreme graves of the fallen are increasingly ignored and sacrifice of life itself for the preservation of the freedom neglected." of our beloved nation," stated Concha. "On this day In his closing remarks, Dyer had one request of we remember their lives, their deeds and their deaths." the small audience

Following the chaplain's invocation, the Iwakuni, Col. Michael A. Dyer, addressed the small Dyer spoke on how the traditions and purpose of

## U.S. mint strikes Marine Corps commemorative silver dollar in honor of 230th birthday

Quantico, Va., on July 20, U.S. Mint officials said.

Asian persuasion on Station Station hosts Asian Pacific Heritage Month luncheon in Club Iwakuni Ballroom, May 25. Page 8

VOLUME 50 NUMBER 20

Station residents

need to buckle up

precautionary

measures

summer

safety.

Page 6 & 7

for

and take the

**INSIDE...** Don't have "9 lives" to spare?

Cardinals, Athletics shine in youth baseball Marine Corps Community Services Youth Sports focuses more on teamwork and sportmanship than scoreboard. Page 11



Marine Corps 230th Anniversary Silver the National Museum of the Marine heroic," Fore commented at the Dollar will be at Marine Corps Base Corps in Quantico. The obverse, or "heads" side.

This is the first time the United States of the American flag at Iwo Jima from has honored a branch of the military the famous photograph by Joe to an appreciative nation every day with a commemorative coin, according Rosenthal during World War II. On the around the world." to information provided by the Mint. reverse, "tails" side, is the Marine as Director Henrietta Holsman Fore and Surcharges from the sale of 2005 Marine Corps eagle, globe and anchor emblem military service to receive a other dignitaries struck the coins in the Corps 230th Anniversary Silver Dollars and motto, "Semper Fidelis" - Latin for "always faithful."

design of the coin features the raising heroism, courage, strength and "The coin design is simple and

cleaned the area surrounding the memorial, wiped down and shined up better.' the monument and placed American Flag's throughout the memorial.

memorial, clean it up and make it look

After hearing about the upcoming project, the Scouts were filled with excitement. Not only would it fulfill the service to community they each pledged as a part of their oath, but because they looked forward to honoring the veterans.

"When the Scouts heard about the project they thought it would be a great idea," said Suther. "Typically we just come out and clean it up, but this time we decided to take it a step further, repainting it and dressing it up and the scouts couldn't wait. They understood how special the project was '

The Scouts worked diligently on the renovation without any gripes or complaints. The only thing matching the new shine of the monument was the shining smiling faces present during the project. They all worked with a cheerful attitude knowing their work would not go unnoticed.

"I really wanted to come out here and clean this up," said James A. Hashman, 13. Hashman is a first class patrol leader for Troop 77. "It's a monument and it respects the ones who died for our country, so we should see Scours Page 4

Memorial Day have become lost over the past

"I ask that you, in addition to remembering our Commanding Officer of Marine Corps Air Station fallen comrades, remember our present-day soldiers, sailors, airmen and civilians who are in foreign lands in service of our country," said Dyer referring to the see MEMORIAL Page 5

> ceremony. "The Iwo Jima image is the storied symbol of the Marine Corps versatility. It exemplifies Semper Fidelis

> "We are honored to be the first commemorative coin issued by the United States Mint. And we are pleased see SILVER DOLLAR Page 4

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"This weekly newspaper is an

quence.

Chaplain's Corner: Time for everything!

tise, more or less logically developed,

In this very fast kind of world we

"A time to be born and a time to die

A time to weep, and a time to laugh; a

time to mourn, and a time to dance. A

keep, and a time to cast away". (V 3-8).

erything," is a daily comment. Time

seems to be a precious gift that we need

'There is not enough time to do ev-

needs

tal

expect everything to be done at once

and to be completed as of 'yesterday'.

on the vanity of all things.

time to the Lord, the source of all time?

Let's make this summer the safest

time in our daily lives. In whatever ac-

tivity or project you or your family and

friends may get into, keep in mind that

there time for everything, and a time for

every affair under heavens. We may not

accomplish everything at once but we

may do one thing at a time and do it

those who need it most including your

families, friends and vourself. By the

way, the summer schedules for worship

services or chaplains' assistance remain

the same. We wish to offer you a best

'time' for your personal and spiritual

needs. Keep in mind that we cannot

chaplains and religious program special-

Don't be surprised if you see your

take vacation from the Lord.

that very same day they call for an appointment. There is no

longer a waiting time to be seen for routine and acute care

3. What are the procedures for seeing a specialist?

stetrics and Gynecology, Ophthalmology, Orthopedics, Neu-

rology and Urology are provided by Yokosuka Naval Hospi-

Specialty services such as Ears, Nose and Throat, Ob-

These specialists often make trips to the Branch Clinics

to use properly. Perhaps, we need to ists joining you in shopping, picnick-

look for priorities. What is the best pri- ing, swimming, running, praying, etc.

Enjoy summer time and take care of

Is it a time to help others?

## New law to affect SGLI Payments, Premiums DONNA MILLS results of injuries received during the increments will increase to \$50,000. Compensation will range from

American Forces Press Service

NEWS

WASHINGTON - Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Service members' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries. explained Stephen Wurtz the VA's deputy assistant director for insurance. The increased SGLI coverage will

take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7 2001

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct

annually '

Marines and really everyone who doesn't utilize the commissary back to enjoy its benefits," said

of the special things the commissary offers and samples of the food. "We have a full-line deli rotisserie chicken and a sandwich stand during lunch time," said Patseo. "If you compare the prices to what people pay at the club or any of the fast food chains you will notice that it is a lot

The rotisserie chicken, although it may be a new commodity at the commissary, has been a big hit. "I've had a number of those chickens," those for dinner"

Breakfast, lunch or dinner, the Commissary has people to take advantage of us, shop the sales and everything from pigs' feet to crab legs. If they don't

Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not servicemembers who retain \$250,000 or help families of severely wounded apply to service members suffering from less coverage will see no increase in disease

Service members enrolled in the SGLI program will notice an increase in their premiums when the increases take the supplemental legislation, troops effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said

Troops opting for maximum SGLI coverage — \$400,000 vs. the current \$250,000 - will see their monthly premiums increase from \$16.25 to \$26 Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage

## Commissary benefits all residents with savings

LANCE CH. CRISTIN K. BARTTER

take advantage of the grocery store what it has to offer - savings.

retail manager, members of the Armed Forces spouses. The month of May, as Commissary Awareness Month, gives stores the opportunity to inform Station residents it is a facility for everyone to take advantage.

"Shopping at the commissary will save

those who had understand the stores main

"This event was a good chance to get single Patseo

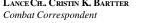
During the event, Patseo gave guests a tour

said Air Force Tech Sgt. Chris Valgardson, Headquarters and Headquarters Squadron commun- can get that product on their shelves. ications controller. "You can't go wrong with one of

have what you desire there is no need to go home

The retroactive coverage increase is payable as a result of deaths in either operation, or under other conditions prescribed by the secretary of defense, Wurtz said.

SGLI coverage is currently available in \$10,000 increments but as of Sept 1



The Station Commissary hosted an event to inform single Marines and everyone who doesn't

According to Kalani Patseo, Commissary tend to think commissaries are biased to married

anybody, single Marines, an average of 30 percent or more," said Patseo. "Officials have calculated a family of four can save about \$2,700

Although 20 percent of the participants had never even walked into the Station Commissary, purpose, to save service members money.

cheaper shopping here at the commissary.

hours for everyone to enjoy.

save money "

We seem to rush everything in order to Importance is placed on choosing a 'proper time' to ensure safety during any accomplish something "on time." Well, particular activity. the Old Testament writer may give us Have you ever heard the words guidance on how to use the time at best. "there is time for everything?" You may There is an appointed time for everything, and a time for every affair under recognize them from somewhere in the past. Did a poet or a philosopher write the heavens. If this statement is corthem years ago? The more you search, rect, safety will be the obvious conse-

the better chance you have to find the proper answer. "There is an appointed time for ev-

During the summer time, much em-

phasis is given to the topic of safety.

LT. CMDR. AL CONCHA

Station Chaplain

erything, and a time for every affair under the heavens" This section is writ- time to seek and a time to lose a time to ten in the Bible. Book of Ecclesiastes Chapter 3, Verse 1.

The title Ecclesiastes is the Greek translation of the Hebrew word *Qohelet* meaning, perhaps, 'one who convokes an assembly ' The book, however, does not con- ority in my schedule of activities? Is it a There is an appointed time for every-

sist of public addresses, but it is a trea- time for my family or myself? Is it the thing. Enjoy it and have a safe summer!

## Ask the inspector With the recent implementation of "Open Access" appointments, the concept is that we will see the patient on

MAJ. MATTHEW D. RAZVILLAS Station Inspector

This week's column is commonly asked questions of the Branch Health Clinic. Lt. Cmdr. Lukehart, Branch Health Clinic, answers the following questions.

## 1. How do I make an appointment at the Family Practice Clinic?

To make an appointment for the Family Practice Clinic, one should call the Family Practice at 253-3445 or 253-3438.

## 2. What is the average wait time at the Family Practice Clinic?

Average waiting time once checked into the Family Practice clinic varies anywhere from 0 - 20 minutes. The average waiting time to obtain an appointment for a routine or acute care type of appointment is less than one day.

## CHATTERBOX-

opposition from the Pentagon and lawmakers from both parties. The issue of women in combat has long been a controversial subject. So we went out and asked the people, who the possible law would affect most, the burning auestion ... '



"Yes. Female Marines are an equal part of the Marine Corps and should not be segregated in mission accomplishment. They have proven themselves to be able to operate in diverse situations."

Lance Cpl Latova K. Thompson Greenshoro N.C. "Yes, because we can do

any task as well as any male can. The Marine Corps is an equal opportunity employer. Every Marine is a rifleman, male or female."

Lance Cpl. Tyler J. Corwin Seattle

"No, because a man's instinct to protect a woman is too strong. It would compromise the mission.'



"Yes, women have been

successfully serving in combat service support roles for over 40 years. If women are mentally and physically capable of performing the job, they should be allowed to do so.'





anywhere from three to four times a year. In order to see a specialist, a patient must have their healthcare provider place a specialty consult to the Yokosuka specialist and the specialists will review the consult and collaborate with the patient's healthcare provider in order to seek the best treat-

ment for the patient

4. What do I do if I cannot make my appointment? see INSPECTOR Page 5

"House republicans abandoned their own plan to curb the role of women in combat zones after it ran into

Should women be allowed to serve in combat roles?

Because the rates have not changed, their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through with dependents must get their spouse's approval to purchase less than the full amount of SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said

ance Col. Cristin K. Bartt Air Force Tech Sgt. Chris Valgardson, Headquarters and Headquarters Squadron communications controller, takes a bite-size sandwich during the Commissary Awareness Month event. The Station Commissary offers a sandwich stand during lunch

unsatisfied. Talk to an employee and ask to see if they

"We at the commissary believe that we are not getting taken advantage of," Patseo said. "We want

\$25,000 to \$100,000, and is designed to troops leave their homes and jobs to be with their loved one during recovery. "These families incur a lot of expenses and this is designed to help them financially," Wurtz said.

While VA staff members consult with DoD to write regulations that will put the new SGLI benefits into effect. Wurtz said "lots and lots of details have to be worked out "

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage.

VA will continue to oversee and control the SGLI program.

# **News Briefs**

## **MOBILE MAMMOGRAPHY VISIT**

The Mobile Mammography Van will be at the Branch Health Clinic June 20-24. Patients desiring an appointment are encouraged to make an appointment with their primary care manager by calling 253-3445.

## PEST CONTROL SCHEDULED

Station pest control will be spraving for mosquitoes, June 6, starting at 7:30 p.m. Monzen Family Housing Area will be the only area sprayed at this time. As a precaution, please make sure all the windows are closed and all children and pets are inside. For more information contact the Station Housing Office at 253-5541

## CLASS OF '05 GRADUATION

The Matthew C. Perry class of 2005 graduation ceremony will be held at the Sakura Theater here, June 15. The ceremony will begin at 4 p.m. and is scheduled to last until 6 p.m. All Station residents are welcome to attend the ceremony and congratulate the newest Samurai graduates

## WARRIOR APPRECIATION DINNER

Marines and sailors returning from combat areas will be recognized tonight for their service during a Warrior Appreciation Dinner. The dinner will be held in the Club Iwakuni Ballroom and includes a social, speakers and an evening meal. For more information about this particular event, call 253-5762

# M.C. Perry recognizes efforts of Motor T

LANCE CH. LUKAS J. BLOM Combat Correspondent

Matthew C. Perry High School presented the Station Motor Transportation department with a plaque for the safe and steadfast transportation service they provide to the Samurai students and faculty throughout the school year May 18

"We run kids from Iwakuni to Sasebo, all the way to Tokyo, weekly,' said Kevin O'Brien, M.C. Perry assistant principal. "The Station Motor T department has been really amazing in delivering all the students to their various destinations safely and timely."

Throughout the course of the 2004-2005 school year the Station Motor Transport office escorted Samurai students and faculty on more than 160 field trips and logged in more than 36,800 miles.

Although the past year has been a shining success for both organiza-

tions, relations between the two were efforts to not always quite so rewarding. improve the "In the past three or four years, growing

the relationship between M.C. Perry and Motor T wasn't the best," said Chief Warrant Officer Justice M. Lasvone, Station Motor Transport officer. "We didn't have the best communication with each other and there was basically just a lot of tension in the air."

With both sides recognizing the less than ideal relationship, they figured out a solution; increase communication and prepare for more hours and harder work.

"In the last year, things have really turned around thanks to the willingness of our Japanese drivers " said Lasyone "Their flexibility and dedication has really proven to be the difference. Without them, I'm not sure if we would be receiving this award."

Seeing the commitment in the Motor Transport personnel M C Perry also began increasing their

behind the success of the past year," said Lasvone "He's great atcommuni Chief Petty Officer Scott C. Baker. Station Motor cating what Transport operations chief, hangs the plaque which the school was presented by Matthew C. Perry High School for

relationship.

"Mr

O'Brien has

driving force

been a

needs, and if Motor T's dedicated service to the school. there's a away so that we will be able to make the appropriate adjustments ' After presenting the plaque to the

Station Motor Transport, O'Brien invited all the drivers mechanics and personnel to enjoy a cafeteria lunch of

schedule change he contacts us right pizza and chicken nuggets. "The visit was fun," said O'Brien. "Having the guys over here and being able to recognize them for what they do feels really good. Our students, parents, teachers and coaches really appreciate all their efforts.'

## graders Marine receives support from second

LANCE CH. CRISTIN K. BARTTER Combat Corresponden

Members of the armed forces have millions of supporters from around the world, thankful for the troops who protect our country. Troops away from home receive care packages and letters not only from their families and loved ones, but from people they have never met or heard of And it's not just troops who are serving in combat zones who are the beneficiaries of these tokens of appreciation.

One of the Station's finest Lance Cpl Casey Palka, Marine Fighter Attack Squadron 212, aviation mechanic, and Michigan native, has been a recent recipient of civilian appreciation and support.

Palka has received over 50 "thank you" letters, e-mails, and phone calls from second graders at Nowlin Elementary School in Dearborn, Michigan. Particularly meaningful for Palka is the fact that this is the same Elementary school he attended as a child. It all started as a class project.

"Mrs. Theresa Bungee wanted to give her students an opportunity to write to a member of the armed forces, which could also be incorporated with their studies of Japan," explained Denise Palka, Casey's mother. Denise also happens to be a member of the Michigan Military Moms "She (Bungee) asked me if Casey would mind getting a bunch of letters from second graders. I knew that he wouldn't have a problem with it."

Each child in Bungee's class wrote a letter to Casey and drew a picture on the back of it with

## Scouts from Page 1

respect it like we do them."

As the Scouts began their work on a late Friday afternoon, passing cars and pedestrians would slow to examine the work. It was the exact reaction the scouts were hoping for

"Before the renovation most people would walk by and just see another torii," said Neil E. Suther, 16. Suther is the senior patrol leader for Troop 77. "Now that the memorial is cleaned up and we've decorated it a little more. I'm hoping more people will realize what it stands for and will begin to respect it more.'

crayons. The letters, along with some goodies for him to enjoy, were sent to Casey; a special care package filled with thanks

"The students are thrilled to be communicating with someone who is actually protecting the country they live in," said Bungee. "They are a patriotic group. They love singing our national

anthem and ask to do so daily They look up to Casey as a role model. We discuss what an important job he and other service people have. They also enjoy talking and writing

to someone who is in another country. At the same time we are reinforcing geography.'

When he received the care package, Casey was overwhelmed, "I really didn't know what to expect from the kids," Casey said. "I just started going through every letter and could tell that each and every one of them put a lot of effort into their letters, and were, most of all, thankful for my service in the Corps One of the numerous letters Casev received reads:

Dear Casev. My name is Devin and I am in 2<sup>nd</sup> grade. Thank

you for protecting our country. I am from Nowlin School. What food do you eat in Japan? Do you

## **INSPECTOR** from Page 2

If an active duty member misses an appointment, then a letter is forwarded to that member's command informing the commanding officer that this individual was a "no show" for their reserved appointment time.

The clinic highly encourages individuals who know they will not be attending their scheduled appointment to please call the clinic and cancel so the appointment slot can be re-released so it may be available for another individual to utilize.

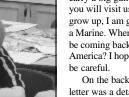


Photo provided by Nowlin Elementary School Joev Horton, a second grader at **Nowlin Elementary School in** Dearborn, Mich., scribbles a "thank vou" letter to Lance Cpl. Casev Palka. Marine Fighter Attack Squadron 212.

> job," added Scotty Mattern, fellow student. "He sleeps when we're awake and we sleep when he's awake. I think it would be hard to be so far away from home though '

This small project has had such an influence on the students in Bungee's class that they now have a "Casey's Corner" in their classroom. It consists of a map of Japan, an 8x10 photograph of Casey in his dress blues and a patch he wore on his uniform that he sent to the class.

am thankful for my 23 new friends."

carry a big gun? I hope you will visit us. When I grow up, I am going to be a Marine. When will you be coming back to

FEATURE

letter was a detailed flag, each star drawn with "Casev is a Marine

student

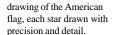
precision and detail. and I think that's really cool," said Mackenzie

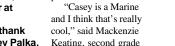
Keating, second grade "Casey has a really cool

"They find it so cool to know a Marine who serves his country," Casev said. "What can I say, I am a role model for seven and eight year olds, and I

America? I hope you will On the back of the

drawing of the American





### The air is crisp and clean. With there was very little haze out," said each step the human soul gets closer Henry. "The view was breathtaking. to being at one with nature Sur-You could see the ocean and islands rounded by trees and foliage, the which were miles away '

LANCE CH. CRISTIN K. RARTTER

humidity becomes a blanket as beads

break in the eyes, filling them with

salty dirt. The terrain is harsh and

unforgiving. It is a battle between

mountain wins. For one unlucky

Station resident, the mountain did

of sweat roll down your forehead and

man and nature, one miss-step and the

Scott Rich, Semper Fit Outdoor

Recreation manager, organized a trip to

Three Peaks for five Marines to enjoy

carried down the mountain and return

on May 7. He wasn't expecting to be

from the trip broken and unable to

The six hikers, Gunnery Sgt.

Richard E. Henry Jr., Marine Aviation

Logistics Squadron 12 main produc-

tion control staff noncommissioned

officer in charge Sgt Justin A Wells

MALS-12 work center 440 supervisor,

Sgts. Jason D. Graul and Keith R.

Brown, MALS-12 nondestructive

inspection technicians Cpl Oscar

Tovar, MALS-12 electronics counter-

measures technician and Rich arrived

at Three Peaks at approximately 8:45

a.m. and were given until 2:00 p.m. to

bottom of Three Peaks there were two

paths for them to choose from, trail A

"We got to the top of trail B pretty

and trail B. For their first hike they

fast, so we decided to go down and

be easier and take less time," said

try out the other trail, thinking it would

Henry, "We came to find out the A trail

Reaching the top of trail A was an

Marine men and women than to capture

the proud history and heritage of the

Marine Corps in a museum that will forever

educate visitors from around the world

about the role the Marines have played

throughout world history, and will

For more information, please visit

photographs of the 2005 Marine Corps

230th Anniversary Silver Dollar, please

continue to play in the future.'

www.usmint.gov.For.digital

visit http://www.usmint.gov

index cfm?action=Marine

mint\_programs/commemoratives/

was significantly more difficult than

the B trail. It was much steeper and

accomplishment for the six hikers.

ately, they stayed on top of the

Instead of going back down immedi-

the terrain was pretty rough."

went up the B trail.

hike the trails they desired At the

walk

Combat Correspondent

As they headed down the mountain. Henry visually checked to make sure that everyone was ready to descend. "Everyone looked fine," said Henry, "I didn't think we would have any problems."

fresh air and view

The hikers moved down the mountain like ants in a single file line. Each person watched where the hiker in front of him stepped to make sure it was safe

"Everything was going at a steady pace on the way down when all of a sudden I heard a holler from Rich who was behind me. I turned around quickly to see what was wrong when I saw him land from a hard fall." said Henry, "I knew he had broken something, because his body was so contorted. We asked him what was wrong and he told us it was his left ankle'

Tovar saw Rich take the hard fall. "I saw him fall and saw his ankle bulge out of his sock. I knew we had to take him were he would receive medical treatment

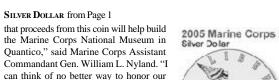
"On the way down trail A, we were hiking down a waterfall and I twisted my ankle. It was minor, but it loosened up my ligaments enough to raise the possibility for me to twist it again As we got further down the trail I stepped on a root and because my legs were so tired from hiking my ankle rolled inward and I felt it snap as I went straight to the ground," said Rich.

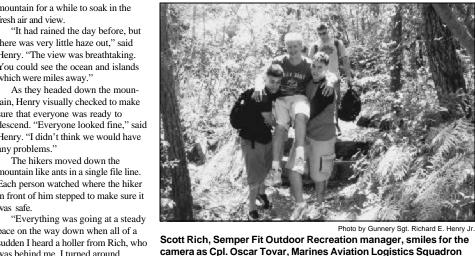
After establishing the fact that his ankle was immobile, the Marines starting working together to get Rich down the mountain without injuring his ankle further

"I tried standing on it at first but I couldn't put any weight on it so we needed to figure out another way to



The Marine Corps 230th Anniversary Silver Dollar represents the first time the United States has honored a branch of the military with a commemorative coin.





Rich

# **Five Marines save Station resident**

12 electronic countermeasures technician and Sgt Keith R. Brown, MALS-12 nondestructive inspection technician, carry him to the base of the Three Peaks.

get me down," said Rich.

"We just started moving in high gears, taking his (Rich's) pack and the people who would be assisting him at the time," said Henry, "It was a very slow process. We used three techniques to help him down the mountain We would have him hold on to two of us and hobble along, or two people would interlock arms and he would sit down while we would move down the mountain. When the trail got too steep, one of us would fireman carry him '

"They were all so tired from hiking up two peaks and yet they carried me down the rest of the mountain," said

Once they reached the bottom, Rich was taken to Branch Health Clinic. After a number of X-rays, Rich found out that he had severely broken his ankle and would need a plate and seven pins to heal it correctly. "I can't say enough good things

about the guys who assisted me down the mountain and the medical person-

nel at BHC," said Rich with his leg propped up, molded in a motivated camouflage cast. "Even after I was dropped off at the hospital, the hikers were really concerned about my health and kept in touch with me to see if there was anything else they could do

"It felt good knowing that I was helping this person," said Tovar. "There was no way we were going to leave him there. So, we picked him up, applied our survival training skills and carried him to safety '

Hikers need to take the precautionary measures necessary to protect themselves from injuries, "Always wear proper footwear with ankle supports when you go hiking," said Rich. "I was anticipating an easy hike so I wore tennis shoes, which was a bad idea. If you have a minor sprained ankle or you twist it, be aware that you have just increased your chances of a more severe injury. Last of all, never go hiking alone."

American Forces Press Service

## MEMORIAL from Page 1

hundreds of thousands of Americans currently entrenched in the War on Terror "We can read and hear sad news each day of more of our fallen heroes, but we know these fine Americans They are our brothers and sisters, our sons and daughters and some of our closest friends. They lay their lives on the line each day so that we all may bask in the very freedoms for which they fight."

Following the commanding officer's speech, the Station color guard presented the Marine Corps colors and the National ensign in reverence of the fallen American heroes. Three shots were also fired by the seven-man rifle squad. representing a 21-gun salute.

Closing the ceremony, Concha addressed the crowd of service members and civilians and offered the closing prayer. Poignant and appropriate, Concha chose to recite the Marine's Prayer to pay one last honor to the fallen.

"God bless you all and God bless the United States of America."

# **STATION RESIDENTS** SULT UP

CORDER OF

STORY BY LANCE CPL. LUKAS J. BLOM Combat Correspondent

he cold winter weather is gone, springcleaning is finally finished, now it's time to relax and let loose for a worry free summer and just enjoy the fun in the sun, right?

As plans are being made for summer vacations and leisurely weekend camping trips on the banks of one of Japan's many rivers. Station residents should be making arrangements with one main focus other than fun, safety.

"Every year, this is the time of year when we take time to relax and spend time with our families. Unfortunately, we also often times relax our guard." said Lt. Col. James C. Stewart, Headquarters and Headquarters Squadron commanding officer, during the Summer Safety Stand-down at the Station Chapel, May 25.

To combat this potential problem the Station Safety Center provided Summer Safety Standdowns for all Station personnel in an effort to equip them with all necessary knowledge to have a safe, enjoyable summer.

"Safety is not just about numbers and statistics: those numbers represent someone's life," said Richard Perry Station safety officer Although numerous subjects were discussed

during the Stand-down, emphasis was brought upon water safety and heat injuries during the 101 days of summer.

"Many people see smooth running water on the surface, but what they don't realize is that there are strong currents under the surface that can carry a lot of debris and floods," said Perry. "Your best bet is if you see some Japanese locals avoiding certain activities or areas, there is probably a very good reason why. When in Rome do as the Romans, when in Japan do as the Iananese

"The biggest problems arise when people lack knowledge on the water hazards in the area they are at or they participate in risky behavior," said Sean G. KimHan, Station safety specialist. "Never use drugs or alcohol while swimming, when you mix water and alcohol there can be deadly consequences. You should always enter the water feet first and always make sure to swim where lifeguards are present.'

Station residents are also able to enjoy other water activities than swimming, but safety must

always be emphasized in all water activities. Station Marina and IronWorks Gym Outdoor recreation also offer canoe, kayak, waverunner, sailboat and

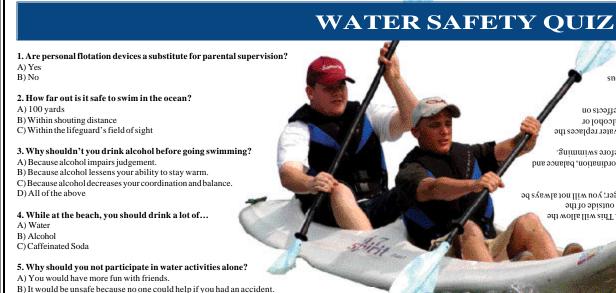
pontoon rentals for Station residents to enjoy the water from another aspect. Safety videos and written tests are required to operate any of the vessels. In addition, all occupants must be wearing life preservers and helmets on the waverunners

C) Neither of the above

and kavaks.

Along with all the fun outdoor activities that summer brings with it, high temperatures and more hours of sunshine present numerous health risks to Station residents; heat cramps, heat exhaustion, heat stroke, dehydration and sunburn. "It's very hot and humid during the summer months in Japan," said

Billie Scott, Marine Corps Community Services Semper Fit health promotions director. "People should be wearing appropriate clothing, using sunscreen on exposed areas and limiting the amount of time they spend in the sun. Another huge factor in staying healthy over the summer months is to keep a healthy diet and exercise regularly." Along with safety issues specific to the summer months, residents were also briefed on traffic safety and Status of Forces Agreement regulations. "Anybody who tells you that seat belts don't







.noisivisqua. dangerous situation. A PFD is not a replacement for parental loses air, or slips out from underneath, the child is left in a supervised. For example, if the device suddenly shifts position, generally safe, the pool is still a place where children must be 1. The answer is B. While personal flotation devices (PFD) are

able to shout and be heard in an emergency. lifeguard's vision, there may not be a way for him/her to know that you are in danger; you will not always be liteguard to see you if you are in danger, and he/she will come help you. If you are outside of the 2. The answer is C. It is only safe to swim within the lifeguard's field of vision. This will allow the

your ability to stay warm. Each of these factors makes it unsafe to drink alcohol before swimming. 3. The answer is D. Drinking alcohol is dangerous because it impairs judgement, coordination, balance and

your body worse. Also, alcohol will dehydrate you. CATTEINE MAY TASTE BOOD AND MAKE YOU TEET BOOD DITETTY, THEY WITH THAKE THE TEAL S ETTECTS OF fluids you lose when you sweat, and it cools your body down. While drinks with alcohol or 4. The answer is A. While at the beach, you should drink a lot of water. Drinking water replaces the

situation, no one would be around to help you. This would be unsafe and could 5. The answer is B. If you were alone and had an accident or were put in a dangerous

.səənənpəsnoə suoriəs əvan

practice a little Operational Risk Management before you go out," said KimHan. Translation of this story found on page 10. 本文記中の日本語訳は10ページ会衆際して下さい。

Operational Risk Management class in Japanese for Major Labor Contract and Independent Hire Agreement employees. The Japanese ORM course will be offered three times per month during the months of June through August at the Station Safety Center. "We're not here to tell you what you should or shouldn't or can or can't do, but I do want vou to

save lives is lying to you," said Cpl. Forrest K. Winter, Provost Marshal's Office accident investigator As well as offering this knowledge to Station

residents, the Safety Office has scheduled an





The Station Safety Office discourages residents from swimming in rivers after a rainfall.

faster currents, countless pieces of hazardous debris and hidden rocks and boulders.

dramatic increase in water level after a rainstorm. The heightened water levels present many hidden hazards:

Because of Japan's rough terrain, local rivers swell substantially after a rainstorm or typhoon, making swimming a far more hazardous activity. The left photograph shows the normal water level of a local river, the image on the right depicts the

FEATURE

## STORY AND PHOTOS BY

LANCE CH. CRISTIN K. BARTTER Combat Correspondent

"We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams." - Jimmy Carter, 39th president of the United States of America

The Station shed some light on a specific portion of that beautiful mosaic during the Asian Pacific American Heritage Month luncheon in the Club Iwakuni Ballroom, May 25.

Guests at the event were informed of the many different cultures that make up the Asian community. The Filipinos, Koreans, Chinese, Japanese, Samoans and Thais are just a few.

Lt. Col. John Puskar, Station executive officer, commenced the ceremony with opening remarks commenced the ceremony with opening remarks about the Asians performance within the military services, "Asian Pacific Americans have served proudly in our military and will continue to do so as we persist on the war on terror. I nove all of us have taken some time this month to learn more about the many factors of the Asian Pacific culture and their achievements."

Cmdr. Rachele Cruz, senior nurse of Branch Health Clinic, followed as the guest speaker of the event and enlightened guests with interesting facts about Asians, "The Asian Pacific American community encompasses over 30 distinct ethnic groups, each with their own culture, history, language and identity

Two of these many cultures, the Philippine and Japanese, were present to entertain guests with various dance styles. The children of Philippine American Society performed the Bulaklakan, a dance of emerald orchids and other blossoming plant life. This dance is performed widely during the month of May and is performed in celebration of the "Santa Cruz de Mayo." The girls in this dance each held a garland of flowers attached to a bent wire.



The teens of Philippine American Society performed the Pandanggo Sa Ilaw, a dance with candles. It is considered the most difficult of all pandanggos because the women dance with three oil lamps or candles one

in each hand and one on their head. The Japanese dancers, Hoki Fujimoto, Michiko Inoue and Yoko Doi, performed traditional Japanese folk dances. In ancient Japan, dance was centered on Shinto, the

native religion of Japan. It The Children of Philippine American Society perform the Bulaklakan, a dance with flowers. The girls each held a garland of flowers attached to a bent wire.

gold fans. All three participated in their second performance as they clapped and moved elegantly to

"I thought the dances were neat," said Cpl. David Frederick, Marine Aviation Logistics Squadron 12 network administrator. "It was good to see different people of different cultures come out and perform because you don't get to see that very often. It was great."

As the event came to a close Lt. Cmdr. Willie



LEFT: Inoue Michiko (left) and Doi Yoko, Japanese dancers, performed a traditional Japanese folk dance at the ceremony, May 25. ABOVE: The Teens of Philippine American Society performed the Pandanggo Sa llaw, a dance with candles. At one point the girls danced with three candles, one in each hand and one on their head.

# **OUT THE GATE**

Note: Japanese who do not phone numbers provided.

## **Calamus Tea Ceremony**

This event will take place at Shukkeien Park in Hiroshima City June 5, 9 a.m. to 3 p.m. Visitors can enjoy Sencha green tea while viewing calamus blossoms. The park closes at 6 p.m. Admission fee is required to enter the park and to participate in the tea ceremony. Call 082-221-3620 for details.

Yamaguchi Flea Market/Antique There will be a flea market and

an antique market at the Kameyama speak English may answer the Park, located in front of the Prefectural Museum in Yamaguchi City. Sunday from dawn till 3 p.m. It may be cancelled in case of inclement weather. Call 083-927-5599 for more information

## Pop Art Display

Market

A display of nearly 80 pieces of Pop Art from the Berardo collection at the Sintra Museum of Modern Art is held at the Hiroshima City Museum of Contemporary Art now or for reservation.

through July 10, 10 a.m. to 4:30 p.m. The museum is closed Mondays, Admission fee is required. For details, call 082-264-1121.

Chao, BHC dental officer, ended with remarks similar

to that of Carter, "Twenty years ago people de-

scribed America as a melting pot, because of the

the United States. While in college, I learned that

people from different countries who immigrated to

America was more like a salad bowl. In a salad there

is lettuce tomatoes cucumbers celery and carrots

Each element has a different taste and appearance,

but together as a whole, they provide the ingredi-

ents for a delicious dish."

### Nishiki River Cormorant Fishing

A boat tour to watch cormorant fishing (using birds to catch fish) in front of the lit up Kintai bridge on the Nishiki River is held now until Aug. 31. A fee is required. A boat leaves at 6:30 p.m. for a tour with dinner. A boat for a tour without dinner leaves at 7 p.m. It may be cancelled in case of inclement weather. Call 41-0470 for more information

well maintained, recycle Nissan Prairie, 1990. fees/road tax paid, JCI very clean, JCI until Dec. until 2006, \$1,800. Call great condition, low km, 2005, \$1,400 obo, Call 253-Sean or Jolyn at 253-4729 dwh or 253-2291 awh

fast car. JCI until April

2006 \$6,000 obo Call

Nissan Skyline 1993

great condition, low km.

6508 dwh or 32-3123 awh.

dwh or 253-2749 awh.

## Toyota Windom, 1994, 4

2132

AUTOMOBILES

Nissan Skyline, 1991, 2

door, turbo charged, new

parts, JCI until Aug. 2006,

\$1,500. Call Dave at 253-

5551 dwh or 253-7694 awh.

door, everything loaded, door sedan, 98,000km, 2291 awh. works perfect, 6 cylinder. great condition, looks auto transmission, verv and drives excellent, evnice shape. ICI until July erything works, JCI until 2005, \$1,000. Call Amy O'Brien at 253-2305. Stewart Kaplan at 253-

## Mitsubishi Chariot,

1990, 4 doors midsize, Mitsubishi Delica, 1992. heat, AC, CD player, 4WD van, JCI until April radio, runs well, road tax 2007 \$2.850 Call Mai and recycling fee paid. Reinthaler at 253-5046 JCI until Aug. 06. \$1,200. dwh or 309-277-4467 awh OBO call GySgt. or e-mail to RhinoF18@ Solomon at 253-5385, 253vahoo com 2537

## Mazda MPV 1996 4 door

Nissan Cefiro, 1994, 4 new brakes, new battery, door sedan, road tax/recy-7 passengers, sunroof, A/ cling fee included, JCI C, works great, JCI until until Sept. 2006, \$1,000 Feb. 2007, \$2,900. Call Max obo. Call Thao Tran at or Nancy at 253-2455. 253-4288 dwh or 253-2726 awh

## Nissan Laurel, 1993, P/S, P/D, new tires, AM/FM/ Nissan Skyline GTST, cassette, dark blue-grey, 1995, black/grey, well rear wiper, leather steering

maintained, P/W, P/L, wheel, automatic transturbo charged 6 cylinder, mission, wood panel, 4 drver, \$175, Call Jana excellent buy, Bilstein door, 5 passenger suede suspension, Advan seats, 113,000km/70,000 wheels, AMP, sub woof- miles, \$2,250 obo. Call ers, 93,000km, 5 speed John or Gwen at 253-4260/ manual with an Blitz per- 6019 dwh or 253-2144 awh \$100. Japanese washing

# like new, almost \$400 new,

## MOVIE SCHEDULE

## SAKURA THEATER

FRIDAY - 7 p.m. Amityville Horror (R); 10 p.m. The Upside Of Anger (R) SATURDAY - 1 p.m. Madagascar (PG); 4 p.m. Sahara (PG-

13); 7 p.m.; Amityville Horror (R); 10 p.m. The Upside Of Anger (R) SUNDAY - 4 p.m. Madagascar (PG); 7 p.m. Fever Pitch

(PG-13) MONDAY - 7 p.m. Sahara (PG-13)

## **TUESDAY -**7 p.m. Amityville Horror (R)

- WEDNESDAY-7 p.m. Guess Who (PG-13)
- THURSDAY 7 p.m. Beauty Shop (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

## MCTV CHANNEL 19

FRIDAY - 11 a.m./5 p.m. I, Spy (PG-13); 2 p.m./8 p.m.

To submit your ads or announcements: Torii Teller priority basis. Deadline for briefs is noon Thursday. Torii accepts ads/announcements from nonprofit organizations *Teller* reserves the right to edit to fit space. Stop by and groups only. Briefs run on space-available and time-Building 1, Room 216 to fill out a form. Honda CBR 1100XX Suformance exhaust very

253-2912 awh

## per Blackbird, 1998, gray, road tax paid for year, new GySgt. Barton at 253-3005 battery, runs great, looks good, 28,465km, JCI until Dec. 2005, \$3,500, Call Jes-

machine \$50: several sets of drapes for house in town, \$75 for all. Call Mai Reinthaler at 253-5046 dwh or 309-277-4467 awh or e-mail to RhinoF18@ sica at 253-3374 dwh or vahoo com

# Harley Ultra Glide, 1988,

253-2144.

glass mirror, \$75; 2 Motorola handheld radios with PTT earphones, \$60; Panasonic cordless 2.4 GHZ phone with answering machine, \$40; wooden desk. 3 drawers, \$75: Panasonic cordless 900 GHZ phone, \$20; infant car seat, \$40. Call 253awh 2852.

Misc., free dining room table with 6 chairs: TV stand with storage, \$40;

Positions available with Graco Jumpster, \$15; Torii Tunes in the sound Graco baby swing, \$30; shop area of the MCX girl's clothes, 0-12 mos. Japanese nationals, milimany toys, bottles, backtary personnel, depenpack diaper bag, \$30. Call dents and civilians can Tina at 253-2498. apply. Pick up an application or drop off resume in Misc., Whirlpool washer/ the Torii Tunes's office in the back of the sound Manning at 253-2272. shop. Call Christina Hay at 253-2555 for more de-

Misc., 4 kerosene heaters, tails

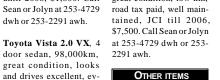
A Guy Thing (PG-13); 11 p.m./5 a.m. Phone Booth (R); 2 a.m. Van Helsing (PG-13) SATURDAY - 11 a.m./5 p.m. Raising Helen (PG-13); 2 p.m./8 p.m. Barbershop 2 (PG-13); 11 p.m./5 a.m. The Notebook (PG-13): 2 a.m. John O (PG-13) SUNDAY - 11 a.m./5 p.m. The Terminal (PG); 2 p.m./8 p.m. League Of Extraordinary Gentlemen (PG-13); 11 p.m./5 a.m. White Noise (R); 2 a.m. Kung Pow: Enter The Fist

(PG-13) Monday - 11 a.m./5 p.m. Cheaper By The Dozen (PG); 2 p.m./8 p.m. Bubble Boy (PG-13); 11 p.m./5 a.m. Sideways (R): 2 a.m. The Ladykillers (R) TUESDAY - 11 a.m./5 p.m. The Prince And Me (PG); 2 p.m./8 p.m. Boogyman (PG-13); 11 p.m./5 a.m. Nurse Betty (R); 2 a.m. Lucky Numbers (R) WEDNESDAY - 11 a.m./5 p.m. Weekend At Bernie's (PG); 2 p.m./8 p.m. The Aviator (PG-13); 11 p.m./5 a.m. Harold And Kumar Go To White Castle (R); 2 a.m. The Mummy Returns (PG-13)

THURSDAY - 11 a.m./5 p.m. Jersey Girl (PG); 2 p.m./8 p.m. Are We There Yet? (PG); 11 p.m./5 a.m. Witness (R); 2 a.m. The Punisher (R)

Dec. 2006, \$1,000. Call Misc., solid oak looking





FEATURE



Misc., plants indoor and outdoor, healthy, well cared for, Philodendron. Cyclamen, Cactus, Shamrocks, Carolina Jessamine, Ivy, Sunflowers, yellow rose, Rhododendrons, and more. Call Gwen at

Misc., Taylor-Made Steel 200 Driver (275cc) Great condition Excellent for beginner or intermediate golfer, \$75.; Warrior Custom Golf Hybrid irons 17 20 23 26\* Will replace hard to hit long irons and FW Woods \$100. Call Derrick at 253-4815 dwh or 253-6223

## **J**OB OPENINGS

### Softland International

## **COMMUNITY BRIEFS** CHRO

CHRO Training

Club Iwakuni

## Organizational Communication: Effective Presentations : June 20-22, 8 a.m. to 4:30 p.m.

■ How To Catch Yourself "Leading Right": Aug 24-26, 8 a.m. to 4:30 p.m. For more information and nominations, call 253-6834 or send e-mail to MarehamPA@iwakuni.usmc.mil.Classes will be held at CHRO training room. Building one, Room 102.

## MCCS

Membership Appreciation Night: Today, 5-9 p.m. Club Iwakuni's Appreciation Night is for Club members and will feature live entertainment. Reservations required. Call 253-5416 for details.

■ Comedy Showcase Comedy Showcase starring Bob Perkell and Jeffrey Steele. Wednesday, free and all ranks in the Club Iwakuni Ballroom. Adults only. Doors open at 8 p.m. Show starts at 9 p.m. For further details, call 253-3727.

## MCX (253-5641)

■ Father's Day Sale: Thursday through June 19. Discount apparel, electronics and more.

## Single Marine Program (253-3585)

■ Space World: Saturday. Bus departs the Hornet's Nest at 8 a m

■ Committee Meeting: Wednesday, 10 a.m. Attendance is mandatory for all squadron representa-

■ Osagawa Dam Camping Trip: Trip departs June 10 and returns June 12 at 6 p m

## School Age Center (253-4769)

Cultural Exchange Overnight Trip To Tokuii Camp Site: Saturday to Sunday. The Cultural Exchange Program is looking for 20 youth in the third grade through sixth grade to participate in this overnight cultural exchange

## Youth & Teen Center (253-6454)

Teen Keystone Meeting: Every Friday, 5-7 p.m. Interested teenagers are invited to join a committee to plan events for the Teen Program

■ SMART Girls Meeting: 10 to 12-year-old girls meet Saturday, 3-5 p.m. Teenage girls meet June 11, 3-5 p.m. Come on over for free food and fun.

## MCFTB(253-3754)

• Key Volunteer Basic Training: Thursday and June 14, 8:30 a.m. to 4 p.m. at Yujo Hall.

### Transition Assistance Program

Monday through Thursday, 8 a.m. to 4:30 p.m. Call 253-6439 for more informat

### Kalhi Snack Factory

June 10 10-11 a m This free tour includes a video show factory tour and a snack. Advance sign-up is required. Call 253-6165 for details

## Plav Morning

Tuesdays, 9:30-11 a.m. and Thursday, June 16, 23 and 30, 10-11:30 a.m. in the Building 657 community room. Call253-6553 to signup.

## OTHER

### JAS Japanese Classes

The Japanese American Society is offering two classes for any level of learner. Classes are offered on Thursday, 11:45 a.m. to 12:45 p.m., and Saturday, 10-11 a.m. Fee is \$20 per month plus a small fee to join JAS. For details, call 253-4771 or e-mail jasiwakuni@mx5.tiki.ne.jp. Classes will begin when five or more have registered.

## Nihongo de...

## 岩国基地住人が夏の安全知識を身に付ける

寒い冬が過ぎ、春の大掃除もようやく終わった。何の心配もせずにリラックスし、 太陽の下でただ楽しむだけの夏がやっとやってくる。

夏休みの計画や、のんびりした週末に日本の河原でキャンプをする計画を立てる 場合、岩国基地住人は楽しみよりも別の点に焦点をあてて準備するべきである。それは 安全である。

「毎年、この時期が我々がリラックスして家族と過ごすときである。不幸なこと に、我々はしばしば警戒心を解いてしまう。」と5月25日に治国基地教会にて行われ た夏前の安全講習会で、岩国基地司令部司令中隊長、ジェイムズ・c.・ステュワート 中佐は話した。

この潜在的な問題に取り組むため、岩国基地安全部は、岩国基地住人全員を対象 とする夏の安全講習会を行った。この講習の目的は、基地住人に安全かつ楽しい夏を通 ごすために必要な知識をすべて身に付けてもらうことである。

「安全とは単なる数字や統計ではない、これらの数字は人の命を表している。」 と岩国基地安全担当官、リチャード・ベリー氏は話した。

安全講習中は多くのテーマについて話し合われたが、中でも、101日間に及ぶ 夏の間の水上安全と熱中症について強調された。

「表面で水がスムーズに流れているのを見ると、多くの人は表面下で強いカレン ト (潮流) があることに気付かない。このカレント (潮流) は多くの土石や大水を運ぶ ほどの力がある。」とペリー氏は話す。「日本の地元の人がやっていない遊びや避けて いる区域があれば、それには理由があるはずである。郷に入っては郷に従えというが、 日本では日本人のやるようにするべきだ。」

「自分のいる場所の水上危険地帯を知らなかったり、危険な行動をとった時に最 大の問題が発生する。」と、岩国基地、安全専門官のショーン・G.・キムハン氏は話 す。「水泳中は薬物やアルコールの摂取は絶対にしないこと。水とアルコールが混ざる と、教命的な結果を引き起こすことがある。水に入るときは必ず足から最初に入り、ラ イフガードがいるのを確認してから泳ぐこと。」

夏の野外での遊びに加えて、高い気温と長い日照時間は多くの健康上のリスクを 引き起こす。熱痙攣、熱中症、熱射病、脱水症、日焼けなどである。

「日本の夏は大変暑く、湿気が多い。」と岩国基地、MCCS センパーフィット。 ヘルスプロモーション部部長のビリー・スコット氏は話す。「肌を露出している部分に は日焼け止めを塗り、適切な服を着て、太陽の下で過ごすのは限られた時間だけにする べきである。夏の間、健康に過ごすために必要なもう一つの大きな要素は、健康に良い 食事をとり、定期的に運動することである。」

夏特有の問題以外にも、交通安全や日米地位協定の規則についての講習も行われ te.

「シートベルトでは命は救えないという人がいたち、その人は嘘をついてい る、」と憲兵隊、事故調査担当のフォレスト・K.・ウィンター伍長に話す。

このような知識を岩国基地住人に提供するだけでなく、安全部は日本語での危機 予知管理 (ORM) クラスを MLCや IHA 日本人従業員向けにも行っている。6月から8 月の間、日本語の ORM クラスは月に三回、安全部で行われる。

「安全部は、するべきこと、するべきでないこと、できること、できないことを 皆さんに言うためにいるのではない。安全部は、皆さんが出かける前に、少しでも危機 予知管理を実践してほしいと思っている。」とキムハン氏は話す。

本文は6~7ページの記事の日本語訳です。

## Mess Hall Lunch Menus

## Week Of June 6-10

Monday - Baked Chicken and Rice, Roast Turkey, Lyonnaise Green Beans, Mashed Potatoes, Peas and Carrots, Chicken Gravy, Hot Dinner Rolls Tuesday - Chuck Wagon Stew, Cajun Catfish Potatoes Au Gratin, Steamed Rice, Glazed Carrots,

Broccoli Combo, Cheese Biscuits Wednesday - Chili Mac, Grilled Cheese, Tempura Fried Fish, Macaroni and Cheese, Oven Glo Potatoes, Broccoli Polonaise, Peas and Mushrooms, Dinner Roll Thursday - Apple Glazed Corn Beef, Teriyaki

M. C. Perry School Lunch Menus

Week Of June 6-10 Monday - Soft Shell Taco with Cheese, Lettuce & Tomato, Spanish Rice, Chilled Peaches, Chocolate Cake, Milk Tuesday - Hamburger on a Bun, Lettuce, Tomato & Pickles, Curly Fries, Awesome Applesauce, Rice Krispie Treat, Milk Wednesday - Spaghetti with Meat Sauce, Garlic Bread, Sea**CHAPEL RELIGIOUS SERVICES** 

## **Roman Catholic**

4:30 p.m.	Confession
5:30 p.m.	Mass
ınday	
8:45 a.m.	Mass
10:05 a.m.	CCD
4 4 4	

9 a.m.	Sunday School & Adul
	BibleFellowships
10:15 a.m.	Non-Denominational
	Christian Worship
11:45 a.m.	Gospel Worship Service

## **Cooperative Chapel Ministries**

Wednesday AWANA Children's 6:30 p.m. Program 3rd Saturday Men's Fellowship Breakfast 8 a.m.

## LAY LED RELIGIOUS SERVICES

Jewish Friday

Shabbat Service 6 p.m. Seventh-Day Adventist

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

Episcopal Sunday Worship Service 7 p.m.

Church of Christ

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

The Church of Jesus Christ of Latter-Day Saints Weekdays

6:30 a.m. Seminary Sunday Priesthood, Relief Society & 1 a.m. Sunday School

3 p.m. Sacrament Meeting **OTHER SERVICES** 

## Islamic

Friday 12p.m. Praver

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

Chicken, Rissole Potatoes, Noodles Jefferson, Succotash, Fried Cabbage, Hot Mustard Sauce, Chicken Gravy Friday - Crab Cakes, Chicken Vega, Parsley Butter Potatoes, Steamed Carrots, Corn on the Cob, Dinner

Rolls Steamed Rice

# soned Green Beans, Chilled Pears, Cookie, Milk

Thursday - Chicken Sandwich, Carrot & Celery Sticks, Ranch Dressing, Potato Wedges, Baked Beans, Fresh Fruit, Milk Friday - Chicken Burrito, Lettuce & Tomato, Spanish Rice, Assorted Fruit Juice, Brownie, Milk

# Kids learn life lessons through baseball

LANCE CFL. MARK FAYLOGA Combat Correspondent

said Justice M

Cardinals head

"Through the

sport they're

learning

discipline.

cooperation

good sports-

manship, how

team and make

to work as a

sacrifices for

the good of

The fact

that there is no

score kept

personal

all'

Lasyone,

coach.

SPORTS

Two of Iwakuni's finest baseball teams, battled it out on the chalk diamond May 26 when the Cardinals faced off against the Athletics in a youth sports 7 to 9-year-old regular season game.

The game featured big hits, great catches and tough competition, but lacked one major feature in sports; a scoreboard. "We (Marine Corps Community

Services Youth Sports) follow National Alliance for Youth Sports guidelines," said Jamie D. Buning, MCCS youth sports coordinator. "In leagues for children 10 and under, we concentrate more on teamwork and sportsmanship than we do on competition.'

during the Through baseball coaches see the games, doesn't opportunity to, not only help their seem to bother players increase their skills in the the players. sport but also their skills in life. They enjoy "These kids are learning life skills " everything

> having fun. said Eric K. Saiki, 9. Saiki is the

ABOVE: Courtney Rose, 8 Cardinals pitcher, throws home

during a game against the Athletics, May 26, RIGHT: Victoria Biggs, 8, Cardinals catcher, races toward first base. as two Athletics players scramble to recover her hit

FAMILY APPRECIATION DAYS Saturday and June 18, 1-5 p.m. at the Bowling Center. All games are sign-up is required. Gear rental is available for individual divers. Call the half price. Call 253-4657 for more details.

## SWEAT PROGRAM (STRENGTH, WELLNESS EDUCATION & AEROBICS TRAINING)

This new program at the IronWorks Gym is designed to help active duty remedial personnel who need to lose body fat, increase their physical test scores and become healthier. The program includes a MicroFit Assessment, weekly weigh-ins (by request), monthly body fat testing, weight management lectures, President's Challenge and attendance and progress tracking reports. Enrollment is open continuously. For details, call 253-5051.

## SCUBA CLASSES

The Basic Open Water class is held on Mondays, lasting for seven days



they learn and to them it's all about "I love playing because I like

becoming friends with my teammates Athletics shortstop. "This season has



**COMMUNITY BRIEFS** 

Saturday

Protestan Sunday

Su

Photos by Lance Cpl. Mark Fayloga Michael Scott, 9, Iwakuni Athletics 3rd baseman, clobbers the pitch during a youth sports 7 to 9-year old regular season game against the Iwakuni Cardinals. Score isn't kept during youth sports games, so the players can concentrate on the fundamentals of the game.

> been great I love hitting the ball, catching pop flies and learning new stuff every week."

With the regular season coming to a close, players look forward to the upcoming All-Star League.

In the All-Star League players from the regular season will be selected to

compete and will form two teams to compete with 11 Japanese teams

"I joined the league this year because I wanted to play on the All-Stars" said Saiko

During the season the teams will conduct two home stays. A home stay consists of the players staying overnight with the opposite teams family. The home stay gives players the opportunity to see what its like in a Japanese household. The players will also host Japanese players in

their homes to show them an American household

Currently, youth sports is looking for volunteers to pitch in for the home stavs.

For information about volunteering for the home stays or to find out more about youth sports contact 253-3239.

# **IWAKUNI SPORTS SCENE**

and costs \$260. Sessions are held continuously through autumn. Advance Scuba Locker at 253-6058 for details.

## UNIT POKER RUN

June 10, 11 a.m. on the seawall, starting at the IronWorks Gym. Teams consist of five members. Each member of the team must complete the run in 25 minutes or less to receive a playing card. Each team must make a poker hand. The teams with the two best hands receive a trophy and money for their unit party fund. Sign up is not necessary. For details, call 253-6359.

## INTRAMURAL SUMMER BASKETBALL

The season begins at the IronWorks Gym Sports Courts June 13. Games are held Monday, Tuesday, Wednesday and Friday, 6-8 p.m. Call 253-5777 for more information.

# Recovery runs away with victory

STORY AND PHOTOS BY LANCE CH. LUKAS J. BLOM Combat Correspondent

Five teams of three athletes, representing their respective units, competed in the first-ever indoor triathlon, and third event of the 2005 President's Challenge, held at IronWorks Gym here, May 25.

With the closest team finishing nearly four minutes behind, the athletes of the aircraft recovery shop left their competition in their wake as they ran, swam and biked to the winners circle for the second event in a row.

The indoor trek consisted of a 200-meter swim in the IronWorks pool, five-mile bicycle journey on a stationary bike and a two-mile run on a treadmill.

"I think all the competitors were really surprised by how difficult the event actually was, because technically it was still a mini triathlon," said Tracy Morgan, Semper Fit athletics coordinator. "When you swim, bike and run with no break in between, it ends up being a pretty intense workout."

"This event was different from anything I've done before," said Scott P. Nickson, Recovery team captain. "Usually I just do a swim, a bike or a run by itself, but throwing it all together made it much more difficult."

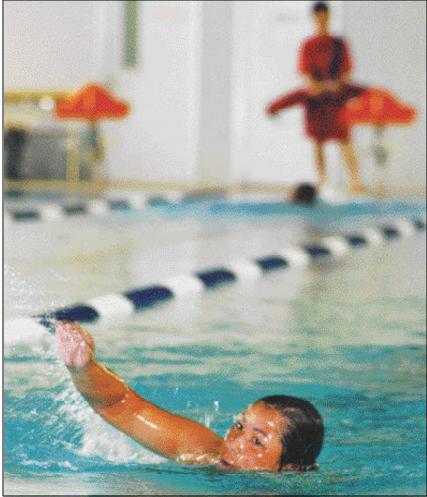
After completing two full laps in the IronWorks pool, the competitors were rushed into the locker rooms to change over and move to the next leg of competition, a five-mile cycle.

"I felt like I was back in boot camp when I was changing over in the locker room, it almost seemed like a drill instructor was going to come over my shoulder and start counting me down," said Judith Willis, Marine Wing Support Squadron 171, S-4 team member.

Racing from the stationary bike to the treadmill, the athletes had only one event to either widen the lead or shorten the deficit. Unfortunately for the four other teams, running was the strongest event for the triathletes of Recovery.

Taking the first, second and third best times in the run portion, Recovery squashed all hopes of comeback for the other competitors.

Although the Recovery team won the entire event, they were only focused on one goal, beating their archrival, Crash Crew, in convincing fashion.



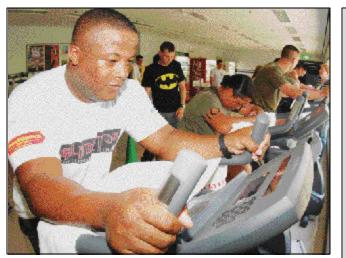
Lance Cpl. Lukas J. Blom

Judith Willis reaches for the water as she propels herself through the IronWorks Gym pool during the 200 meter swim portion of the Indoor triathlon, May 28.

"The reason why we're so much better than Crash Crew is because we do more by 8 a.m. Monday morning than they do in a whole week," said Nickson. "We do more than buff floors and wax trucks all day."

At the end of the event the Recovery team was awarded a check for \$100 from Marine Corps Community Services, which will be put towards a party fund for their team. "I'd definitely do another triathlon," said Willis.

"It was a lot of fun and a pretty intense PT session. It will defiantly help my (Personal Fitness Test) score "



Marlon T. Porche races through the second phase of the indoor triathlon, the five-mile bike ride.



Station residents make a racket — Shawn Ryan (left) and Dan Reardon were the first and second place winners at the Marine Corps Air Station Iwakuni 2005 Intramural Spring Tennis Tournament, May 28-29. The 2-day event, hosted at the Station Tennis Courts, consisted of ten competitors who fought diligently for the first and second place trophies.